

SMALL GROUP CLASSES



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8AM	Reformer CARYN	Reformer CARYN	Reformer CARYN		Reformer CARYN	
9AM	Reformer AMELIA		Reformer AMELIA	Reformer CARYN		Reformer AMELIA
10 AM		Reformer AMELIA			Reformer AMELIA	Reformer AMELIA
12PM	Lunch Time Express AMELIA	Lunch Time Express AMELIA	Lunch Time Express CARYN			
12:30PM					Stretch and Release KERRY	
1PM	Lunch Time Express AMELIA	Lunch Time Express AMELIA	Lunch Time Express CARYN	Lunch Time Express CARYN		
4PM	Reformer CARYN			Stretch and Release CARYN		
5:30 PM	Stretch and Release CARYN			Stretch and Release CARYN		