

# Weekly Class Schedule

## Monday

<b>9:00 am</b>	Reformer Pilates - With Emily
<b>11:15 am</b>	Slow Moving Yoga - With Lynn
<b>1:00 pm</b>	Chair Yoga - With Lynn
<b>4:30 pm</b>	Reformer Pilates - With Angie

## Tuesday

<b>8:15 am</b>	Vinyasa Flow Yoga - With Meghan
<b>9:30 am</b>	Reformer Pilates - With Emily
<b>12:00 pm</b>	Express Weights and Core - With Emily
<b>6:00 pm</b>	Reformer Pilates - With Gina

## Wednesday

<b>9:00 am</b>	Reformer Pilates - With Emily
<b>4:30 pm</b>	Reformer Pilates - With Emily

## Thursday

<b>8:15 am</b>	Vinyasa Flow Yoga - With Meghan
<b>9:30 am</b>	Reformer Pilates - With Emily
<b>10:45 am</b>	Express Weights and Core - With Emily
<b>12:00 pm</b>	Express Weights and Core - With Emily
<b>4:30 pm</b>	Reformer Pilates - With Emily
<b>5:45 pm</b>	Reformer Pilates - With Emily

## Friday

<b>9:00 am</b>	Reformer Pilates - With Emily
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## Saturday

<b>10:00 am</b>	Mat Pilates With Props or Glutes, Core and More (special dates)
<b>11:00 am</b>	Weights and Core (Full Body) (special dates)

\*STAY TUNED FOR SPECIAL EVENTS AND POP-UP CLASSES