



New Schedule

MONDAY

- 8:00- 9:00 AM Advanced I and II All Apparatus
- 9:00- 10:00 AM Ariel Cardio Class/ Reformer
- 10:00-11:00 AM Intermediate I & II All Apparatus
- 11:15 -12:15 PM Rehab/Osteoporosis with Reformer
- 6:30-7:30 PM Foundation I and II
- 7:30-8:30 PM Intermediate II & III All Apparatus

TUESDAY

- 8:00- 9:00 AM In House Intermediate I & II
- 9:00- 10:00 AM In House Foundation I and II All Apparatus
- 10:30-11:30 AM Advanced II and III Reformer
- 6:30- 7:30 PM Advanced I and II All Apparatus

WEDNESDAY

- 8:00- 9:00 AM In House Intermediate I & II
- 9:30- 10:30 AM MOTR Cardio/Reformer
- 10:30-11:30 AM Gyrokinesis Level 1
- 11:30-12:30 PM *NEW! Pop-Up Class to be advised
- 6:30-7:30 PM Foundation I and II
- 7:30-8:30 PM Intermediate I & II

THURSDAY

- 8:00- 9:00 AM Foundation I & II All Apparatus
- 9:30- 10:30 AM Gravity Bodhi Cardio
- 10:30-11:30 AM Intermediate Tower
- 11:30-12:30 PM Rehab/Osteoporosis w/ Reformer
- 6:30-7:30 PM Intermediate I & II
- 7:30-8:30 PM Foundation I and II All Apparatus

FRIDAY

- 8:00- 9:00 AM Intermediate I & II All Apparatus
- 9:30- 10:30 AM Advanced II and III Reformer All Apparatus
- 10:30-11:30 AM Intermediate I & II All Apparatus
- 11:30-12:30 PM Foundation I and II All Apparatus

SATURDAY

- 9:30- 10:30 AM Foundation I & II All Apparatus
- 10:30-11:30 AM Advanced Level I & II All Apparatus
- 11:30-12:30PM Intermediate I & II All Apparatus

SUNDAY

- 9:30- 10:30 AM Intermediate I & II All Apparatus + Cardio
- 10:30- 11:30 AM Foundation I & II All Apparatus