

AUG.23



MON	TUES	WED	THURS	FRI	SAT	SUN
		6:00am - 7:00 am Int/Adv Reformer Sarah				
7:00am -8:00am All Levels Reformer Sarah	7:00am -8:00am All Levels Reformer Melanie			7:00am -7:45am Level 2/3 Reformer Lynette	8:30am -9:30am All Levels Reformer Allison	8:30am -9:30am Intro to Pilates Jodi
8:30am -9:15am All Levels Reformer Allison	8:30am -9:30am Pilates with Props Lawren	8:30am -9:30am All Levels Reformer Melanie	8:30am -9:30am Int/Adv Reformer Melanie	8:30am -9:30am Pilates with Props Lawren	9:45am -10:45am All Levels Reformer Cezanne	9:45am -10:30am Stretch on the Reformer Jodi
9:30am -10:30am Int/Adv Reformer Melanie	9:45am -10:30am All Levels Reformer Lawren	9:45am -10:15am All Levels Reformer Jalin	9:45am -10:30am All Levels Reformer Melanie	9:45am -10:15am Jump Board Abs Lawren		11:00am -11:30am All Levels Reformer Jodi
	10:30am - 11:30am 6 week Pilates Body Makeover Program Akila	11:00am - 12:00pm Pilates Stretch Sarah	10:30am - 11:30am 6 week Pilates Body Makeover Program Akila		11:15am -12:00pm Pilates Barre Gwen	
4:00pm -4:45pm All Levels Reformer Jalin		4:00pm -4:45pm All Levels Reformer Jalin				
5:00pm -5:45pm All Levels Reformer Cezanne	5:00pm -5:45pm All Levels Reformer Jodi	5:00pm -5:45pm All Levels Reformer Cezanne	5:00pm -5:45pm All Levels Reformer Gwen		6:00pm -7:00pm 8/25 Pilates & Pinot Melanie	