



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am - 6:45 am <b>Masters Swim</b> Jimmy	6:00 am - 7:00 am All Levels Reformer Sarah	5:30 am - 6:45 am <b>Masters Swim</b> Jimmy		5:30 am - 6:45 am <b>Masters Swim</b> Jimmy	8:00 am - 9:00 am * Tennis Drill 4.0 + KP
6:00 am - 7:00 am All Levels Reformer Sarah	7:00 am - 8:00 am All Levels Reformer Melanie	7:45am - 9:00am <b>Masters Swim</b> Jimmy	6:30 am - 7:30 am All Levels Reformer Gwen	7:00am- 7:45am Level 2/3 Reformer Lynette	8:15am - 8:45am 30 min HIIT Jason
7:00am - 8:00am Level 2/3 Reformer Sarah	8:30 am - 9:15 am Level 2/3 Reformer Trish	7:30AM-8:15AM All Levels Reformer Sarah	8:30 am - 9:15 am Level 2/3 Reformer Trish	7:45am - 9:00am <b>Masters Swim</b> Jimmy	8:30 am - 9:30 am Level 2/3 Reformer Sarah
7:45am - 9:00am <b>Masters Swim</b> Jimmy	9:00 am - 10:00am Pickleball Chris	8:30 am - 9:30 am All Levels Reformer Melanie	9:00 am - 10:00am Pickleball Frank	8:30 am - 9:30 am Level 2/3 Reformer Lawren	9:45am - 10:45am All Levels Reformer Cezanne
8:30 am - 9:15 am All Levels Reformer Lawren	9:45 am - 10:30am All Levels Reformer Lawren	9:00 am - 9:45am Functional Fitness April	9:45 am - 10:45am All Levels Reformer Melanie	9:00 am - 10:00 am *Tennis Drill 3.0-3.5 Rene	10:00 - 11:00am *Tennis Drill 3.0-4.0 KP
9:00 am - 9:45am Functional Fitness Trish	9:00 am - 10:00 am *Tennis Drill 3.0-3.5 Gabe	9:45 am - 10:45am Level 2/3 Reformer Jessica	5:00 pm - 5:45 pm All Levels Reformer Luciana	9:45 am - 10:15 am Jump Board Abs Lawren	10:00 am - 11:00 pm *Tennis Drill 3.0-4.0 Jackie
9:00 am - 10:00 am *Tennis Drill 3.0-3.5 KP	10:00 am - 11:00 am *Tennis Drill 3.5-4.0 Jackie	10:00 am - 11:00 am *Tennis Adv Beg KP	6:00 pm - 7:00 pm Level 2/3 Reformer Luciana	10:30am - 11:30am Level 2/3 Reformer Lynette	11:15 am - 12:00pm All Levels Reformer Gwen
9:30 am - 10:30 am Level 2/3 Reformer Lawren	10:45am -11:45 am Level 2/3 Reformer Lawren	5:00 pm - 5:45 pm All Levels Reformer Cezanne	6:00pm - 7:00pm Pickleball Chris	10:00 am - 11:00 am *Tennis Drill 4.0 Rene	<b>Sunday</b> 8:30am - 9:30 am Level 2/3 Reformer Sarah
10:45am - 11:15am Jump Board Abs Lawren	5:00 pm - 5:45 pm All Levels Reformer Jodi	6:00 pm - 7:00 pm *Tennis Drill 3.0-3.5 Gabe	6:00pm - 7:00pm *Tennis Drill 3.5 - 4.0 KP	5:00pm-6:00pm *Tennis Adv Beg Gabe	9:00am - 10:00am *Tennis Drill 2.0-3.0 Dustin starts 9/12
	6:00 pm - 7:00 pm Level 2/3 Reformer Luciana	6:00 pm - 7:00 pm *Tennis Drill 3.5-4.0 KP		6:00pm-7:00pm *Tennis Drill 3.0-3.5 Gabe	9:45am - 10:30am Pilates Stretch Sarah
5:00 pm - 5:45 pm All Levels Reformer Cezanne	6:00 - 7:00 pm *Tennis Drill 4.0+ Rene	6:00 pm - 6:45pm Level 2/3 Reformer Trish		6:00pm - 7:00pm DJ Cycle 9/17 Trish	10:00 am-11:00am *Tennis Drill 3.5-4.0 Gabe
6:00 pm - 7:00 pm *Tennis Drill 3.5-4.0 Jackie			Non-Platinum Prices \$10 DJ Cycle \$10 Functional fit \$10 pickle ball	6:00pm-8:00pm Pilates & Pinot 9/10 Trish	10:45am - 11:30am Pilates Intro Sarah
6:00 pm - 6:45pm Level 2/3 Reformer Trish	7:00 - 8:00pm *Tennis Adv Beg Gabe	Pilates: \$22 per class Tennis: \$20 Platinum Add on is \$129/month single \$199 for a couple. Pilates & Pinot \$40			

