

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 am - 6:30 am Masters Swim Jimmy		5:00 am - 6:30 am Masters Swim Jimmy	6:00am - 7:00am All Levels Reformer Jessica	5:00 am - 6:30 am Masters Swim Jimmy	7:15 am - 8:15 am Level 2/3 Reformer Gwen
6:00 am - 6:45 am All Levels Reformer Sarah		6:00 am - 6:45 am All Levels Reformer Sarah	7:00am - 7:45am Pilates Stretch Sarah	7:00am- 7:45am Level 2/3 Reformer Lynette	8:00 am - 9:00 am * Tennis Drill 4.0 + Bob
7:00 am - 8:00 am All Levels Reformer Sarah	7:00 am - 8:00 am All Levels Reformer Melanie	7:00 am - 8:00 am All Levels Reformer Sarah	8:30 am - 9:15 am Level 2/3 Reformer Cezanne	7:30 am - 9:00 am Masters Swim Jimmy	8:30 am - 9:30 am Level 2/3 Reformer Sarah
7:30 am - 9:00 am Masters Swim Jimmy	8:30 am - 9:15 am Level 2/3 Reformer Cezanne	7:30 am - 9:00 am Masters Swim Jimmy	9:00 am - 10:00am Pickleball Class Moose	8:30 am - 9:30 am Level 2/3 Reformer Lawren	9:00 am - 10:00 am * Cardio Tennis KP
8:30 am - 9:15 am All Levels Reformer Lawren	9:00 am - 10:00am Pickleball Class Moose	8:30 am - 9:30 am All Levels Reformer Melanie	9:45 am - 10:45am All Levels Reformer Jessica	9:00 am - 10:00 am *Tennis Drill 3.0-3.5 Moose/Darren	9:45am - 10:45am All Levels Reformer Cezanne
9:00 am - 10:00 am *Tennis Drill 3.0-3.5 KP	9:45 am - 10:30am All Levels Reformer Lawren		5:00 pm - 5:45 pm All Levels Reformer Luciana	9:00 am - 10:00 am Pickleball Class Moose	10:45am-11:15 Pilates Intro Cezanne
9:30 am - 10:30 am Level 2/3 Reformer Lawren	10:00 am - 11:00 am *Tennis Drill 3.5-4.0 Jackie	9:45 am- 10:45am Level 2/3 Reformer Cezanne	6:00 pm - 7:00 pm Level 2/3 Reformer Luciana	9:45 am - 10:15 am Jump Board Express Lawren	11 am - 12 pm *Tennis Drill 3.0-3.5 Bob/Aleksey
	10:45am-11:45 am Level 2/3 Reformer Lawren		6:00 pm - 7:00 pm *Tennis Drill 3.0-3.5 Kp/Jackie	10:30 am - 11:30 am Level 2/3 Reformer Lynette	Sunday 8:30am - 9:30 am Level 2/3 Reformer Sarah
5:00 pm - 5:45 pm All Levels Reformer Cezanne	5:00 pm - 5:45 pm All Levels Reformer Jodi	5:00 pm - 5:45 pm All Levels Reformer Cezanne		10:00 am - 11:00 am *Tennis Drill 4.0 Moose/Darren	9:45am - 10:15am Pilates Stretch Sarah
6:00 pm - 7:00 pm *Tennis Drill 3.5-4.0 Bob	6:00 pm - 7:00 pm Level 2/3 Reformer Luciana	10:00 am - 11:00 am *Tennis Drill 2.5-3.0 Darren			10:45am - 11:30am Pilates Intro Sarah
	6:00 pm - 7:00 pm *Tennis Drill 3.0-3.5 Bob	6:00 pm - 7:00 pm *Tennis Drill 2.0 - 2.5 KP			
	6:00 - 7:00 pm *Tennis Drill 4.0+ Rene	6:00 pm - 7:00 pm *Tennis Drill 3.5-4.0 Bob			
	7:00 - 8:00 pm *Tennis Drill 2.5-3.0 Jackie	5:00pm - 6:00pm Pickleball Class Moose			

***Tennis Drills are for full platinum members only**
 *Please note the Drill level and only book those Drills that are appropriate for your level! You may be asked to leave if you are in the incorrect level.
Platinum Add on is \$129/month
Non Platinum Cost: \$22 per class
A fee of \$20 will be assessed for all no shows and \$10 for all cancellations less than 6 hours prior.