



CLASS SCHEDULE

DON'T FORGET!



You can schedule your classes right from your phone through the MindBody App.

SPRING 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 Reformer Sculpt	6:00-6:50 Power Tower	6:00-6:50 Step N Sweat	6:00-6:50 Reformer Challenge	6:00-6:50 Power Tower		
				6:00-6:30 am Shred IT		
				6:30-7:00 Restorative Reformer		
9:00-9:30 Basic 5 Reformer	9:00-9:30 Jump to it Cardio			9:00-9:30 Basic 5 Reformer	8:15-9:05 Reformer Challenge	8:30-9:20 Zumba Basics
9:30-10:20 Power Tower		9:30-10:20 Reformer Sculpt		9:30-10:20 Reformer Challenge	8:30-9:20 Power Tower	9:30-10:20 Core & Restore
					9:00-9:50 Basic 5 Mat	9:30-10:00 Basic 5 Reformer
12:00-12:30 Basic 5 Chair	12:00-12:30 Basic 5 Reformer	12:00-12:30 Basic 5 Chair	12:00-12:30 Basic 5 Reformer	12:00-12:50 Total Body Barre	9:30-10:00 Basic 5 Reformer	10-10:50 Pilates Body Blast
12:30-1:00 Upper Cut	12:30-1:00 Jump Cut Cardio	12:30-1:00 Restorative Reformer	12:30-1:00 Jump to it Cardio		10:00-10:30 KB Hard Core	
					10:30-11:20 Power Ball	
5:30-6:00 Shred IT	5:30-6:00 Upper Cut	5:30-6:00 Basic 5 Reformer	5:30-6:20 Total Body Barre			
5:30-6:00 Basic 5 Chair	6:00-6:50 Zumba	6:00-6:50 Power Mat	5:30-6:20 Reformer Sculpt			
6:00-6:30 Restorative Reformer	6:00-6:30 Basic 5 Reformer	6:00-6:30 Jump to It Cardio	6:00-6:30 Basic 5 Chair			
6:00-6:50 Power Tower	6:30-7:00 Jump Cut Cardio					

MAT & CARDIO CLASSES
(Included in your mat/cardio or combo package)

GROUP EQUIPMENT CLASSES
(Included in your equipment or combo package)

CARDIO TRAMP CLASSES
(Included in your mat/cardio or equipment package)