

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am		6:15am WAKE UP REFORMER Shanel			BEG/INT REFORMER Shanel	
7:00 am					7:10am* PILATES WITH PROPS FOR ATHLETES	
8:00 am	BEG/INT REFORMER Shanel				8:15am RESTORE and REBALANCE REFORMER Shanel	
9:00 am	9:10am* GENTLE MAT & PILATES FLOW Shanel		9:15am INT REFORMER Shanel		9:20am ESSENTIAL REFORMER PLUS Shanel	9:30am REFORMER PLUS EQUIPMENT CIRCUIT Shanel until 10:45am
10:00 am			10:30am INT/ADV REFORMER Shanel	BLEND Cathy		
11:00 am	SPECIAL POPULATIONS CLASS Laura					
11:30 am			PILATES for PARKINSONS and SPECIAL POPULATIONS Shanel		PILATES for PARKINSONS and SPECIAL POPULATIONS Laura	
12:00 pm	12:15pm* INT/ADV REFORMER Shanel					
12:30 pm		MAT AND EQUIPMENT ESSENTIALS (MEE) Shanel				
6:30 pm	REFORMER MAT COMBO Jill		REFORMER MAT COMBO Jill			