



Fall Class Schedule

	Group Classes			Reformer Classes		
Mon	9:00-9:50	Xtend Barre	Jorja	9:00-9:50	Basic	Megan
	10:00-10:50	Rel. & Rest.	Megan	12:00-12:50	Athletic	Unhee
	5:30-6:20	Pilates Mat	Julie			
				6:30-7:20	Basic	Becky
Tues	9:00-9:50	Xtend Barre	Joy	9:00-9:50	Basic	Lilly
	10:00-10:50	TRX	Joy	12:00-12:50	Athletic	Lilly
				5:30-6:20	Athletic	Becky
				6:30-7:20	Basic	Becky
Wed	9:00-9:50	Xtend Barre	Jorja	9:00-9:50	Basic	Lilly
				10:00-10:50	Athletic	Lilly
				12:00-12:50	Athletic	Lilly
				5:30-6:20	Basic	Becky
				6:30-7:20	Athletic	Becky
Thur	9:00-9:50	Xtend Barre	Joy	9:00-9:50	Basic	Megan
	10:00-10:50	TRX	Joy	10:00-10:50	Athletic	Megan
				5:30-6:20	Athletic	Julie
				6:30-7:20	Basic	Julie
Fri	9:00-9:50	Xtend Barre	Jorja	9:00-9:50	Basic	Scarlett
	10:00-10:50	Pilates Mat	Scarlett			
				12:00-12:50	Athletic	Unhee
Sat	9:00-9:50	Xtend Barre	Joy	9:00-9:50	Athletic	Various
	10:00-10:50	TRX	Joy	10:00-10:50	Basic	Various
Sun						
				1:00-1:50	Athletic	Becky

RESERVATIONS RECOMMENDED - OUR UP-TO-DATE SCHEDULE IS ALWAYS ONLINE

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