



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am	Reformer (Amanda)		Reformer (Amanda)		Athletic Conditioning (Jenny)		
8:30		Reformer+(Jenny)		Reformer+(Jenny)			
9:00	Reformer+(Christine)		Advanced Reformer (Amanda)		Jumpboard (Amanda)		
9:30		Jumpboard (Christine)		Reformer (Christine)			
10:00							
10:30							
5:00pm							
5:30	Reformer (Jenny)		Reformer+(Jenny)				
6:00		Reformer+(STAFF)		Jumpboard (Amanda)			
6:30	Mat Pilates (Jenny)		Mini-Flex Ball (Jenny)				
7:00							
7:30							

All Classes are 55 minutes in length