



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-7:50	Pilates Reformer		Pilates Reformer		Pilates Reformer		
8:00-8:50	Pilates Reformer Essential TRX/Barre (8:15-9:05)	Pilates Reformer Tone & Strength (8:15-9:05)	Pilates Reformer Cycling (8:15-9:00)	Pilates Reformer Mat Pilates/TRX	Pilates Reformer + Stretch Cycling (8:15-9:00)	Pilates Reformer Vinyasa Flow Yoga	Pilates Reformer (8:30-9:20)
9:00-9:50	Pilates Reformer Cycling (9:15-10:00)	Pilates Reformer Vinyasa Flow Yoga (9:15-10:05)	Pilates Reformer TRX/Suspension (9:15-10:05)	Pilates Reformer	Pilates Reformer Tone & Strength (9:15-10:05)	Pilates Reformer Zumba	Pilates Reformer (9:30-10:20)
10:00-10:30		Intro to Reformer (10:00-10:30)					

4:00-4:50		Pilates Reformer Essential	Pilates Refomer	Pilates Reformer			
5:00-5:50	Pilates Reformer Stability Chair + TRX	Pilates Reformer Mat Pilates	Pilates Reformer Mat Pilates	Pilates Reformer Deep Stretch Yoga			
6:00-6:50	Pilates Refomer Vinyasa Flow Yoga	Pilates Reformer Zumba	Pilates Reformer + TTS Zumba	Pilates Reformer Essential Barre			
7:00-7:50	Pilates Refomer + Essential Oils	Pilates Reformer + Stretch	Pilates Reformer	Intro to Reformer (7:00-7:30)			