



SPRING 2023 CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		Reformer + Studio Tour Kathy		Barre Jessica			
7:00 AM		Reformer + Studio Tour Kathy	Barre Kathy	Reformer + Studio Tour Kathy			
8:00 AM			Foundational Reformer Nancey		Reformer All Levels Kathy	Sculpt Burn Kathy	
9:00 AM	Reformer + Tower Roger	Pilates Sculpt Jeffy	Reformer Jumpboard Kathy	Reformer + Tower Kathy	Reformer All Levels Jeffy	Sculpt Burn Kathy	Barre Jessica
10:00 AM				Advanced Tower + Chair Kathy			
10:15 AM	Foundational Reformer Roger				Barre Jeffy	Foundational Tower + Spring Kathy	
12:30 PM	Reformer All Levels Kirby		Reformer Full-Body Faith				
4:30 PM		Reformer Mixed Levels Kirby	Pilates Sculpt Kathy	Reformer Mixed Levels Kirby			
5:30 PM	Reformer Sculpt Kirby	Reformer Mixed Levels Kirby		Reformer Mixed Levels Kirby			
5:45 PM			TRX <i>Starting 4/5 with Christina</i>				