



2023 WEEKLY CLASS SCHEDULE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|-------------------------------------|--|---|--|-------------------------------------|--|
| 6:00 AM | | Reformer + Studio Tour Kathy | | Booty Barre Jessica | | |
| 7:00 AM | | Reformer + Studio Tour Kathy | Booty Barre Kathy | Reformer + Studio Tour Kathy | | |
| 8:00 AM | | | | | Reformer All Levels | |
| 9:00 AM | Reformer + Tower Roger | Pilates Sculpt Jeffy | Reformer Jumpboard Kathy | Reformer + Tower + Chair + Stretch Kathy | Reformer All Levels Jeffy | Reformer + Sculpt + Burn Kathy |
| 10:15 AM | Reformer + Classical Pilates | | Reformer + Classical Pilates | | Booty Barre Jeffy | Reformer + Studio Tour Kathy |
| 12:30 PM | Pilates Sculpt Kirby | | | | | |
| | | | | | | |
| 4:30 PM | | Reformer Mixed Levels Kirby | | Reformer Mixed Levels Kirby | | |
| 5:30 PM | Reformer Sculpt Kirby | | | Pilates Sculpt Kirby | | |
| 5:45 PM | | | TRX Strength Training Christina | | | |