



2024 WEEKLY CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		Reformer + Studio Tour Kathy		Tower + Wunda Chair Kathy			
7:00 AM		Reformer + Studio Tour Kathy		Reformer + Studio Tour Kathy			
8:00 AM					Reformer + Melt Kathy		
9:00 AM	Reformer + Tower Roger	Reformer + Sculpt Jeffy	Reformer + Tower Kathy	Tower + Wunda Chair Kathy	Reformer All Levels Jeffy	Tower + Wunda Chair Maya	Booty Barre
9:00 AM						Reformer + Sculpt + Burn Kathy	
10:15 AM	Reformer + Classical Pilates		Reformer + Classical Pilates	Fascia Flow + Release Kathy	Booty Barre Jeffy	Reformer All Levels Maya	Reformer Mixed Levels Amelia
11:30 PM	Reformer + Sculpt Kirby						
4:30 PM	Reformer + Sculpt Kirby	Reformer Mixed Levels Kathy	Fascia Flow + Release Kathy	Reformer Mixed Levels Kirby			
5:30 PM				Reformer + Sculpt Kirby			
6:00 PM	Reformer All Levels Maya						