



## 2023 WEEKLY CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		<b>Reformer + Studio Tour</b> Kathy		<b>Barre</b> Jessica			
7:00 AM		<b>Reformer + Studio Tour</b> Kathy		<b>Reformer + Studio Tour</b> Kathy			
8:00 AM			<b>Reformer + Wunda Chair</b> Kathy		<b>Reformer All Levels</b> Kathy		
9:00 AM	<b>Reformer Tower</b> Roger	<b>Pilates Sculpt</b> Jeffy	<b>Reformer + Studio Tour</b> Kathy	<b>Reformer + Wunda Chair</b> Kathy	<b>Reformer All Levels</b> Kathy	<b>Reformer Sculpt Tower + Wunda</b> Andrea Kathy	<b>Barre</b> Jessica
10:00 AM				<b>Advanced Tower + Chair</b> Kathy			
10:15 AM	<b>Foundational Reformer</b> Roger		<b>Foundational Reformer</b> Roger		<b>Barre</b> Jeffy	<b>Reformer Sculpt</b> Andrea	
12:30 PM	<b>Reformer All Levels</b> Kathy		<b>Reformer Full-Body</b> Roger				
4:30 PM		<b>Reformer Mixed Levels</b> Kirby	<b>Reformer All Levels</b> Kathy	<b>Reformer Mixed Levels</b> Kirby			
5:30 PM	<b>Reformer Sculpt</b> Kirby	<b>Reformer Mixed Levels</b> Kirby		<b>Reformer Mixed Levels</b> Kirby			