



## WEEKLY CLASS SCHEDULE | FALL 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		<b>Reformer + Sculpt</b> Kathy		<b>Tower + Wunda Chair</b> Kathy			
7:00 AM		<b>Reformer + Strength</b> Kathy		<b>Reformer + Tower Mat</b> Kathy			
8:00 AM			<b>Reformer + Tower Mat</b> Kathy		<b>Reformer + Melt</b> Kathy	<b>Reformer + Strength</b> Kathy	
9:00 AM	<b>Tower + Wunda Chair</b> Roger	<b>Reformer + Sculpt</b> Jeffy	<b>Reformer + Classical Pilates</b> Kathy	<b>Tower + Wunda Chair</b> Kathy	<b>Reformer + Strength</b> Jeffy	<b>Reformer + Sculpt</b> Kathy	<b>Booty Barre</b> Jessica
10:15 AM	<b>Reformer + Classical Pilates</b> Kathy		<b>Reformer + Classical Pilates</b> Kathy		<b>Reformer Jumpboard + Sculpt</b> Jeffy	<b>Reformer + Sculpt</b> Kathy	<b>Reformer + Align + Tone</b> Kathy
11:30 AM					<b>Reformer Jumpboard + Sculpt</b> Kathy		
11:45 AM	<b>Reformer + Sculpt</b> Kirby						
4:30 PM	<b>Reformer + Sculpt</b> Kirby			<b>Reformer + Strength</b> Kirby			
5:30 PM	<b>Reformer + Strength</b> Kirby	<b>Reformer + Tower</b> Kathy		<b>Reformer + Sculpt</b> Kirby			