



# Class Schedule | Winter 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		<b>Infrared + Pilates Mat + Barre</b> Kaytch		<b>Infrared + Melt + Reformer Flow</b> Kathy			
7:00 AM		<b>Reformer + Sculpt</b> Kathy		<b>Infrared + Melt + Reformer Flow</b> Kathy			
8:00 AM					<b>Infrared + Melt + Reformer Flow</b> Kathy	<b>Reformer + Sculpt</b> Kathy	
9:00 AM	<b>Infrared + Pilates Mat + Barre</b> Kaytch	<b>Infrared + Pilates Mat + Barre</b> Kathy	<b>Reformer + Sculpt</b> Jodie	<b>Tower + Chair *Advanced</b> Kathy	<b>Infrared + Pilates Mat + Barre</b> Kathy	<b>Reformer + Align + Tone</b> Kathy	<b>Reformer + Sculpt</b> Cally
9:00 AM	<b>Tower + Wunda Chair</b> Roger	<b>Reformer + Sculpt + Advanced</b> Jeffy			<b>Reformer + Strength</b> Jeffy		<b>Barre + Sculpt Pilates</b> Jessica
10:15 AM	<b>Infrared + Melt + Reformer Flow</b> Cally		<b>Reformer + Align + Tone</b> Jodie	<b>Tower + Wunda Chair</b> Kathy	<b>Infrared Mat + Reformer Jumpboard Flow</b> Jeffy	<b>Infrared + Melt + Reformer Flow</b> Kathy	<b>Infrared + Melt + Reformer Flow</b> Cally
11:30 AM		<b>Reformer + Align + Tone</b> Cally		<b>Reformer + Align + Tone</b> Jodie	<b>Reformer Jumpboard All Levels</b> Kathy		
11:45 AM	<b>Reformer + Sculpt</b> Kirby						
4:30 PM	<b>Reformer + Sculpt</b> Kathy	<b>Reformer + Sculpt</b> Jodie	<b>Reformer + Strength</b> Kathy				
5:30 PM	<b>Infrared + Melt + Mat Pilates Sculpt</b> Jessica	<b>Infrared Mat + Sculpt Burn</b> Jodie	<b>Reformer + Sculpt</b> Cally	<b>Reformer + Sculpt</b> Kirby			
5:30 PM	<b>Melt Method</b> Pamela		<b>Melt Method</b> Pamela	<b>Barre + Sculpt Pilates</b> Jessica			