


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am			Reformer Connect Level I/II				
8:15am		EAST Fusion+ Level I/II		EAST Fusion+ Level I/II			
9:30am		Reformer Connect Level I/II	Yin Yoga + Fascial Release All Levels	Reformer Essentials Level I/II	Hips Don't Lie Pilates Level I/II	Full Body Pilates Level I/II	EAST Fusion+ Level I/II
11:00am	Hatha Flow Yoga Level I/II	Flow to Restore Yoga All Levels	Mommy+Baby Yoga Pre-Reg	Restorative Pilates All Levels		Flow to Restore Yoga All Levels *Family-Friendly*	Restorative Yoga All Levels
11:00am						Reformer Essentials Level I	Reformer Ballet Flow Level II
12:15pm			Reformer Strong Level I/II		Reformer Strong Level I/II		
1:15pm			Reformer Restore Level I / 65+				
4:00pm							Kid's Yin + Parent Reformer Combo
5:15pm	Full Body Pilates Level I/II	Vinyasa Flow Yoga Level I/II	Hatha Flow Yoga Level I/II	Mellow Yin Yoga All Levels	Pop-Up Events + Workshops		
5:15pm	Reformer Strong Level I/II	Reformer Essentials Level I		Reformer Strong Level I/II			
6:30pm	Yin Yoga + Fascial Release All Levels	Restorative Yoga All Levels					
6:30pm		Reformer Strong Level I/II	Reformer Essentials Level I				
7:30pm			Up in Arms Pilates Level I/II	Reformer Evolve Level II			