



As of January 6th...always check online for most accurate schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>8:15am</b> EAST Fusion Caren	<b>7:00am</b> Reformer Connect Caren	<b>8:15am</b> EAST Fusion Caren	<b>8:15am</b> Reformer Strong Cameron		<b>8:15am</b> Reformer Strong Caren
	<b>9:30am</b> Reformer Essentials Caren	<b>9:30am</b> Mellow Yin Yoga Manda	<b>9:30am</b> Reformer Strong Caren	<b>9:30am</b> Hips Don't Lie Pilates - Cameron	<b>9:30am</b> Full Body Pilates Erica	<b>9:30am</b> EAST Fusion Caren
<b>11:00am</b> Hatha Flow Yoga Ashley	<b>11:00am</b> Flow to Restore Kailey	<b>11:00am</b> Mommy & Baby *Pre-Reg	<b>11:00am</b> Restorative Pilates Caren	<b>11:00am</b> Reformer Essentials Cameron	<b>11:00am</b> Restorative Yoga Kailey	<b>11:00am</b> Reformer Essentials Caren
<b>12:15pm</b> Reformer Essential Caren		<b>12:15pm</b> Reformer Strong Caren		<b>12:15pm</b> Reformer Connect Cameron		<b>11:00am</b> Flow to Restore Ashley
		<b>1:15pm</b> Reformer Restore Caren			<b>1:00pm</b> Building My Calm: Kid's Yin *Pre-Reg	<b>12:30pm</b> Pre-Natal Reformer *Pre-Reg
			<b>3:00pm</b> Cheer Her On - CCI Club			
<b>4:00pm</b> Reformer Strong Cameron						
<b>5:15pm</b> Reformer Connect Cameron	<b>5:15pm</b> Vinyasa Flow Yoga Heather		<b>5:15pm</b> Reformer Strong Caren			
<b>6:00pm</b> Vinyasa Flow Yoga Jacquie		<b>6:00pm</b> Up in Arms Pilates Erica / Caren	<b>6:00pm</b> Mellow Yin Yoga Marci			
<b>6:30pm</b> Reformer Evolve Level 2 - Cameron	<b>6:30pm</b> Warm Restorative Yoga - Heather		<b>6:30pm</b> Men's Reformer Caren			
			<b>7:30pm</b> Reformer Connect Caren			