



STARTING MAY 1ST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am			Reformer Connect Caren				
8:15am		EAST Fusion Caren		EAST Fusion Caren	Reformer Strong Caren		Reformer Strong Caren
9:30am		Reformer Essential Caren	Mellow Yin Yoga Manda	Reformer Strong Caren	Hips Don't Lie Caren	Full Body Pilates Erica	EAST Fusion Caren
11:00am	Gentle Yoga Flow Ashley	Flow to Restore Kailey	Mommy & Baby Manda *Pre-Reg	Restorative Pilates Caren		Warm Restorative Kailey	Flow to Restore Ashley
					Reformer Essential Caren		Reformer Essential Caren
12:15pm	Reformer Essential Caren	Community Mat Pilates NEW	Reformer Strong Caren		Reformer Connect Caren		
1:15pm			Reformer Restore Caren				
4:00pm	Reformer Strong Caren						
5:15pm	Classical Hatha Jacquie NEW	Vinyasa Flow Yoga Heather	Classical Hatha Jacquie NEW				
5:15pm	Reformer Connect Caren			Reformer Strong Caren			
6:00pm				Mellow Yin Yoga Marci			
6:30pm	Yin + Fascial Rolling Manda NEW	Warm Restorative Heather	Up in Arms Pilates Erica				
6:30pm	Reformer Jump Caren NEW			Reformer Essential Caren			
7:30pm			Full Body Pilates Erica NEW	Reformer Connect Caren			



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