



Fall schedule starts September 9th...always check online for most accurate schedule

|         | MONDAY                    | TUESDAY                       | WEDNESDAY                    | THURSDAY                      | FRIDAY                    | SATURDAY               | SUNDAY                                    |
|---------|---------------------------|-------------------------------|------------------------------|-------------------------------|---------------------------|------------------------|---|
| 7:00am  |                           |                               | Reformer<br>CONNECT          |                               |                           |                        |   |
| 8:15am  | Hips Don't Lie<br>Pilates | EAST Fusion<br>(Pilates+Yoga) | Functional Flow<br>Yoga      | EAST Fusion<br>(Pilates+Yoga) | Reformer<br>STRONG        |                        | Reformer<br>CONNECT                       |
| 9:30am  | Reformer<br>FUNDAMENTALS  | Reformer<br>CONNECT           |                              | Reformer<br>STRONG            | Hips Don't Lie<br>Pilates | Full Body<br>Pilates   | EAST Fusion<br>(Pilates+Yoga)             |
| 11:00am | Gentle<br>Functional Yoga | Mellow Yin<br>Yoga            | Mom & Baby<br>Fusion Pre-Reg | Restorative<br>Pilates        | Reformer<br>FUNDAMENTALS  | Flow & Restore<br>Yoga | Reformer<br>FUNDAMENTALS                  |
|         |                           |                               |                              |                               |                           |                        | Flow & Restore<br>Yoga                    |
| 12:15pm | Reformer<br>STRONG        |                               | Reformer<br>EVOLVE 2         |                               | Hatha Flow<br>Yoga        |                        | Pre-Natal Fusion<br>Pre-Reg Series        |
| 1:30pm  |                           |                               |                              |                               | Reformer<br>CONNECT       |                        |   |
| 4:00pm  |                           |                               |                              | Reformer<br>STRONG            |                           |                        | Community Yoga<br>& Pilates Class<br>FREE |
| 5:15pm  | Gentle EAST<br>Fusion     | Reformer<br>CONNECT JUMP      | Myth &<br>Movement Yoga      | Reformer<br>FUNDAMENTALS      |                           |                        |   |
|         |                           | Vinyasa Flow<br>Yoga          |                              | Mellow Yin<br>Yoga            |                           |                        |   |
| 6:00pm  |                           |                               |                              |                               | Heart Flow<br>Yoga        |                        |   |
| 6:30pm  | Full Body<br>Pilates      | Reformer<br>EVOLVE 2          | Up in Arms<br>Pilates        | Men's ATHLETIC<br>Reformer    |                           |                        |   |
| 6:30pm  |                           | Restorative Flow<br>Yoga      |                              | Dynamic Flow<br>Yoga          |                           |                        |   |
| 7:30pm  |                           | Reformer<br>STRONG            |                              | Reformer<br>CONNECT           |                           |                        |   |