

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15am	Reformer Strong Caren	EAST Fusion (Yoga+Pilates) Caren		EAST Fusion (Yoga+Pilates) Caren	Reformer Conditioning Caren		Reformer Strong Caren
9:30am		Reformer Foundations Caren	EAST Fusion (Yoga+Pilates) Heather	Reformer Strong Caren	Hips Don't Lie Pilates Caren	Vinyasa Flow Yoga Kim	EAST Fusion (Yoga+Pilates) Caren
11:00am	Restorative Pilates Angela	Mellow Yin Yoga Leslie	Mom & Babe 3-12 mths Pre-Registration	Restorative Pilates Caren		Gentle EAST Fusion (Yoga+Pilates) Kim	Mellow Yin Yoga Leslie ----- Reformer Foundations Caren
12:30pm	Hips Don't Lie Pilates Angela		Reformer Conditioning Caren		Hatha Flow Yoga Jenn		
4:00pm					Reformer Strong Caren		Restorative Flow Yoga Angela
5:15pm	Reformer Conditioning Caren	Vinyasa Flow Yoga Heather	Up in Arms Pilates Kim	Dynamic Flow Yoga Jenn			
6:30pm	Full Body Pilates Desta	Restorative & Flow Yoga Heather	Heart Flow Yoga Kim	Mellow Yin Yoga Jenn ----- Reformer Foundations Caren			
7:30pm				Reformer Conditioning Caren			