

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am	Reformer Strong Davita		Reformer Connect Caren				
8:15am		EAST Fusion Caren		EAST Fusion Caren	Reformer Strong Davita		
9:30am			Mellow Yin Yoga Manda		Hips Don't Lie Pilates Davita	Full Body Pilates Erica	EAST Fusion+ Caren
9:30am		Reformer Connect Caren		Reformer Essentials Caren			
11:00am	Hatha Flow Yoga Ashley	Flow to Restore Kailey	Mommy+Baby Yoga Manda	Restorative Pilates Caren	Restorative Pilates Jenn	Flow to Restore Yoga Ashley	Restorative Yoga Kailey
11:00am					Reformer Essential Davita	Reformer Essentials Erica	Reformer Ballet Flow Caren
12:15pm 12:30pm			Reformer Strong Caren		Reformer Strong Davita		
1:15pm	Reformer Restore 65+ Caren		Reformer Restore 65+ Caren				
4:00pm	Reformer Evolve Caren						
5:15pm	Full Body Pilates Chelsea	Vinyasa Flow Yoga Heather	Hatha Flow Yoga Ashley				
5:15pm		Reformer Essentials Taylor		Reformer Strong Caren	Fri-Yay Experience Pop-Ups		
6:30pm	Yin + Fascial Rolling Manda	Restorative Yoga Heather	Reformer Essentials Erica	Mellow Yin Yoga Marci			
6:30pm	Reformer Essential Chelsea	Reformer Strong Taylor		Reformer Ballet Flow Caren			
7:30pm	Reformer Strong Chelsea		Up in Arms Pilates Erica	Reformer Evolve Caren			