



Effective Tuesday, May 30th 2017

All sessions are 50-minutes in length.

| DAY & TIME | CLASS | INSTRUCTOR |
|------------------|-----------------------------------|----------------|
| SUNDAY | | |
| 9am | Open-Level Reformer | Ellen |
| MONDAY | | |
| 9am | Total Barre™ | Tara |
| 5:30pm | Pilates Mat | Christie/ Tara |
| 6:30pm | Open-Level Cardio-Tramp™ Reformer | Christie/ Tara |
| TUESDAY | | |
| 10am | Pilates Mat | Tara |
| 6pm | Reformer | Sarah |
| 7pm | Reformer II | Sarah |
| WEDNESDAY | | |
| 9am | BarreHop | Tara |
| 5:30pm | Total Barre™ | Tara |
| 6:30pm | Pilates Mat | Tara |
| THURSDAY | | |
| 9am | bellicon Bounce | Tara |
| 6pm | TRX® | Christie |
| 7pm | Open-Level Reformer | Christie |
| FRIDAY | | |
| 10am | Reformer II | Tara |
| SATURDAY | | |
| 9:30am | Open-Level Reformer | Sarah |
| 11:30am | bellicon Circle | Sarah |