



	MON	TUES	WED	THUR	FRI	SAT
8:45am	MAT TOWER		REFORMER TRIO			
	with Christen		with Priscilla			
9:00am				REFORMER TRIO		REFORMER TRIO
				with Josee		with Josee
10:00am	MAT TOWER		REFORMER TRIO	MAT TOWER		REFORMER TRIO
	with Christen		with Christen	with Josee		with Christen
11:00am	Strength & Stretch Yoga	REFORMER TRIO	Strength & Stretch Yoga		REFORMER TRIO	Strength & Stretch Yoga
	with Gina	with Josee	with Gina		with Priscilla	Team Led
12:00pm					RECOVERY Yoga	
					with Priscilla	
4:00pm	Pilates for Teen Athletes			Pilates for Teen Athletes		
	with Christen			with Priscilla		
6:00pm	MAT TOWER	MAT TOWER		REFORMER TRIO		
	with Christen			with Priscilla		
7:00pm		Deep Stretch Yin Yoga		Deep Stretch Yin Yoga		
		Team Led		Team Led		