



## Group Class Schedule

*Drop ins welcome! 90 min yoga classes are same rate as others.*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am						Pilates Mat	Intermediate Yoga (8:30-10)
9:00am	Small Barrel & Towel	Towel & Magic Circle	Barre & Mat	Towel & Magic Circle	Roller, Floor & Mat	Advanced Mat	
10:00am		Feldenkrais	Roller Plus				
1:00pm			Pre/Post Natal Pilates (1-2:30, \$25)				
5:00pm	Wise Woman	Pilates for Men					
6:00pm	Yoga (6-7:30)	Pilates Mat	Pilates Plus	Powerhouse Pilates			
7:00pm				Foundations of Yoga (7-8:30)			

## Equipment Class Schedule

*(Reservations required, \$30-\$35 per class)*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Early Bird Reformer		Early Bird Reformer				
7:00am	Advanced Equipment		Intermediate Equipment				
10:00am	Ped-a-Pul			Advanced Equipment	Intermediate Equipment	Circuit Workout	
11:00am						Intermediate Equipment	
12:00pm			Intermediate Equipment				
5:00pm	Equipment Essentials		Intermediate Equipment	Intermediate Equipment			
6:00pm		Intermediate Equipment					
7:00pm			Equipment Essentials	Equipment Essentials			

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