

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7AM Strength & Conditioning Charlotte	7AM Reformer Pilates Shae		
					8:30AM Reformer Melissa or Andrew (alt)
	10AM Matwork Pilates Melissa				9:30AM Reformer Melissa or Andrew (alt)
10:30AM Resistance & Rehab Andrew	10:30AM Resistance & Rehab Shae	10:30AM Resistance & Rehab Charlotte	10:30AM Resistance & Rehab Shae	10:30AM Resistance & Rehab Charlotte	
	11AM Reformer Melissa				
12:10PM Reformer Andrew		12:10PM Reformer Andrew		12:10PM Reformer Andrew	
	12:30PM Strength & Conditioning Shae			12:30PM Strength & Conditioning Shae	
	4:30PM Reformer Melissa		4:30PM Reformer Melissa		
5:30PM Reformer Andrew	5:30PM Reformer Melissa		5:30PM Reformer Melissa		
6:00PM Strength & Conditioning Charlotte	6:30pm Strength & Conditioning Shae	6:00pm Strength & Conditioning Shae	6:30pm Strength & Conditioning Charlotte		
	6:30PM Reformer Melissa		6:30PM Reformer Melissa		