

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:30AM Strength & Conditioning
					8:30AM Reformer Pilates
	10:00AM Matwork Pilates		10:00AM Matwork Pilates		9:30AM Reformer Pilates
10:30AM Resistance & Rehab	10:30AM Resistance & Rehab	10:30AM Resistance & Rehab	10:30AM Resistance & Rehab	10:30AM Resistance & Rehab	
	11:00AM Reformer Pilates		11:00AM Reformer Pilates		
12:10PM Reformer Pilates		12:10PM Reformer Pilates		12:10PM Reformer Pilates	
	12:30PM Strength & Conditioning			12:30PM Strength & Conditioning	
	4:30PM Reformer Pilates		4:30PM Reformer Pilates		
5:30PM Reformer Pilates	5:30PM Reformer Pilates		5:30PM Reformer Pilates		
	6:30PM Strength & Conditioning		6:30PM Strength & Conditioning		
	6:30PM Reformer Pilates		6:30PM Reformer Pilates		