

| Monday                        | Tuesday                            | Wednesday                     | Thursday                          | Friday                             | Saturday                          |
|-------------------------------|------------------------------------|-------------------------------|-----------------------------------|------------------------------------|-----------------------------------|
|                               |                                    |                               |                                   |                                    | 8:30AM<br>Strength & Conditioning |
|                               |                                    |                               |                                   |                                    | 8:30AM<br>Reformer Pilates        |
|                               | 10:00AM<br>Matwork Pilates         |                               | 10:00AM<br>Matwork Pilates        |                                    | 9:30AM<br>Reformer Pilates        |
| 10:30AM<br>Resistance & Rehab | 10:30AM<br>Resistance & Rehab      | 10:30AM<br>Resistance & Rehab | 10:30AM<br>Resistance & Rehab     | 10:30AM<br>Resistance & Rehab      |                                   |
|                               | 11:00AM<br>Reformer Pilates        |                               | 11:00AM<br>Reformer Pilates       |                                    |                                   |
|                               |                                    | 12:10PM<br>Reformer Pilates   |                                   | 12:10PM<br>Reformer Pilates        |                                   |
|                               | 12:30PM<br>Strength & Conditioning |                               |                                   | 12:30PM<br>Strength & Conditioning |                                   |
|                               |                                    |                               | 1:30PM<br>Resistance & Rehab      |                                    |                                   |
|                               |                                    |                               |                                   |                                    |                                   |
|                               | 4:30PM<br>Reformer Pilates         |                               | 4:30PM<br>Reformer Pilates        |                                    |                                   |
| 5:30PM<br>Reformer Pilates    | 5:30PM<br>Reformer Pilates         |                               | 5:30PM<br>Reformer Pilates        |                                    |                                   |
|                               | 6:30PM<br>Strength & Conditioning  |                               | 6:30PM<br>Strength & Conditioning |                                    |                                   |
|                               | 6:30PM<br>Reformer Pilates         |                               | 6:30PM<br>Reformer Pilates        |                                    |                                   |