

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