



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:45-8:45am Class Name	7:45-8:45am Sunrise Yoga		7:45-8:45am Sunrise Yoga		7:45-8:45am Sunrise Yoga	
9:00-9:55am Class Name			9:00-9:55am Pilates Mat		9:00-9:55am Pilates Strong	
10:15-11:10am Class Name		10:15-11:15am Gentle Slow Flow Yoga	10:15-11:15am Yoga	10:15-11:15am Gentle Slow Flow Yoga	10:15-11:15am Yoga	10:15-11:15am Yoga Flow
11:00-11:55am Class Name		11:30-12:25pm Reformer Pilates		11:30-12:25pm Intermediate Reformer		
4:00-4:55pm Class Name	4:00-4:55pm Pilates Mat	3:30-4:25pm Somatic Movement	4:00-4:55pm Beginner Pilates		4:00-5:00pm Yoga Calm	
5:15-6:10pm Class Name	5:15-6:10pm Reformer Pilates			5:15-6:10pm High Intensity Ball	5:15-6:10pm Reformer Pilates	
6:30-7:30pm Class Name	6:30-7:30pm Karma Yoga: Somatic Healing for Trauma Series	6:30-7:30pm Restorative Yoga		6:30-7:30pm Pilates Mat		