

SUMMER SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM & 8:00AM			7:30AM OPEN LEVEL REFORMER (LADIES) SUZI C	8:30AM BODYTREE BODY (LADIES) ANYA	8:15AM OPEN LEVEL REFORMER (LADIES) STINE		
			8:30AM OPEN LEVEL REFORMER (LADIES) SUZI C				
9:00AM	ATHLETIC REFORMER (LADIES) STINE	ATHLETIC REFORMER (LADIES) ANYA	9:30AM OPEN LEVEL REFORMER (LADIES) ANYA	ATHLETIC REFORMER (LADIES) STINE	TOWER REFORMER (LADIES) ANYA	9:30AM HATHA FLOW NADINE	OPEN LEVEL REFORMER DAPHNE
	HATHA FLOW YOGA (LADIES) RIA		9:30AM ATHLETIC REFORMER (LADIES) SUZI C	9:30AM OPEN LEVEL REFORMER (LADIES) ANYA	POSTNATAL YOGA (LADIES) JUSTYNA		OPEN LEVEL REFORMER SUZI C
	9:30AM OPEN LEVEL REFORMER (LADIES) ANYA				9:15AM ATHLETIC MAT PILATES (LADIES) STINE		
10:00AM		OPEN LEVEL REFORMER (LADIES) STINE	YIN YOGA (LADIES) ANGELA	RESTORE & RENEW (LADIES) SUZI C	10:15AM BTB BARRE (LADIES) ANYA		FOUNDATION REFORMER SUZI C
		10:15AM BTB BARRE (LADIES) ANYA	10:30AM FOUNDATION REFORMER (LADIES) LILLIAN		10:30AM OPEN LEVEL REFORMER (LADIES) LILLIAN		OPEN LEVEL REFORMER DAPHNE
					10:45AM PRENATAL YOGA (LADIES) SELENA		
11:00AM		11:30AM ANIMAL FLOW CARLOS					ATHLETIC REFORMER SUZI C
12:00PM		ADULT BALLET INTERMEDIATE/ADVANCED LUCAS	CONTEMPORARY DANCE LILLIAN				ANIMAL FLOW SUZI C
4:00PM		PRENATAL REFORMER (LADIES) SUZI C			4:30PM PRENATAL REFORMER (LADIES) SUZI C		
5:00PM		ATHLETIC REFORMER (LADIES) ANYA	OPEN LEVEL REFORMER (LADIES) ANYA	FOUNDATION REFORMER (LADIES) SUZI C			
				ATHLETIC REFORMER (LADIES) ANYA			
6:00PM	OPEN LEVEL REFORMER (LADIES) LILLIAN	ANIMAL FLOW CARLOS	FOUNDATION REFORMER SUZI C	OPEN LEVEL REFORMER (LADIES) ANYA			POWER YOGA MICHAEL
		ATHLETIC REFORMER (LADIES) ANYA	OPEN LEVEL REFORMER (LADIES) DAPHNE	OPEN LEVEL REFORMER CARLOS			
		FOUNDATION REFORMER (LADIES) SUZI C	BTB BARRE (LADIES) ANYA	6:30PM BEGINNER YOGA CHAITHRA			
		PRENATAL YOGA (LADIES) CHAITHRA					
7:00PM	ATHLETIC REFORMER ANGELA	OPEN LEVEL REFORMER CARLOS	ATHLETIC REFORMER (LADIES) ANGELA	ATHLETIC REFORMER CARLOS			
	OPEN LEVEL REFORMER (LADIES) DAPHNE	PRANAYAMA + YOGA NIDRA CHAITHRA					
	PILATES MAT FLOW LILLIAN						



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WELLNESS

CLASSES ARE SUBJECT TO CHANGE AT LAST MINUTE
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