

Class Schedule - Summer 2021

July 5 - August 27 (No classes August 2)



	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 AM	Power Circuit		Reformer Power		
9:30 AM	Core Essentials 1	Core Essentials 2	Core Essentials 1	Core Essentials 2/ Rest & Restore	
10:30 AM	Essential Circuit			Power Reformer	
12:00 PM	Power Reformer	MOTR		Essential Reformer	
1:00 PM		Fabulous Over 60		Fabulous Over 60	
5:30 PM	Core Power	Essential Reformer	Power Circuit	Power Reformer	
6:30 PM	Core Essentials 2	Core Essentials 1	Core Essentials 2/ Essential Circuit	Core Essentials 1	
7:30 pm	Foundations		Foundations		

CLASS DESIGNATION:

CORE = Matwork

ESSENTIALS 1 & 2 = Beginner Levels 1 & 2

POWER = Level 3 & Intermediate Equipment

Private Sessions and Small Group Sessions are available on request at various times. If you do not see a class that fits your schedule, let us know and arrangements will be made to accommodate you or your group.