

**Monday**

8:30 L2 Reformer-TOWER *Rotation*  
9:30 Reformer *with Jumpboard Intervals*  
10:30 65 minute Reformer / 10:20-11:35 **BOSU Balance**

3:30 ♥ Classical Flow Reformer  
4:30 L2 Reformer-TOWER *Rotation*  
5:30 Reformer -TOWER *Rotation*  
6:30 ♥ Reformer  
7:30 Circuit Pilates SURPRISE (Reformer, **TRX**, Barre, BOSU, Jumpboard)

**Tuesday**

9:15 65 minute Reformer / 10:10 -10:25 **TRX**  
10:30 ♥ Reformer

4:30 ♥ Reformer  
5:30 ♥ Reformer

6:30 ♥ **MELT** (Foam Roller) with Tammy *Turn over for MELT information >>*

**Wednesday**

**NO AM CLASSES**

4:30 Reformer  
5:30 ♥ Classical Flow Reformer  
6:30 65 minute Reformer / 7:20 -7:35 **TRX**

**Thursday**

9:15 65 minute Reformer *with Jumpboard Intervals* / 10:10- -10:25 **TRX**  
10:30 ♥ Classical Flow Reformer with Intro to TOWER  
3:30 ♥ Reformer  
4:30 Reformer  
5:30 ♥ Classical Flow Reformer  
6:30 ♥ Reformer with Intro to TOWER

**Friday**

8:30 Circuit Pilates SURPRISE (Reformer, **TRX**, Barre, BOSU, Jumpboard)  
9:30 Reformer-TOWER *Rotation*  
10:30 65 minute Reformer / 10:15-11:35 **TRX**

**Saturday**

8:00 Reformer  
8:55-9:10 **TRX Express** Instructor  
9:15 Reformer Rotation  
10:15 ♥ Classical Flow Reformer

**WATCH** schedule for Orientations & Workshops in **MELT** (Foam Roller) with Tammy

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