

Monday

♥ = Beginner Friendly

8:30 L2 Reformer / TRX **or** 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** **11:30 am Private/Duet**
 10:30 ♥ Reformer
 4:30 ♥ Reformer **3:30 pm Private/Duet**
 5:30 ♥ Reformer
 6:30 ♥ **MELT** (Foam Roller) with Tammy

Wednesday

♥ = Beginner Friendly

8:30 -9:20 Stay Tuned for **MELT** (Foam Roller) Classes
 9:30 -10:00 30 Minute Techniques for Melting "At Home"
 10:15-11:05 Stay Tuned for **MELT** (Foam Roller) Classes **1:00 pm Private/Duet**
 4:30 Reformer
 5:30 ♥ Classical Flow Reformer
 6:30 65 minute Reformer / 7:20 -7:35 **TRX** **7:45 pm Private/Duet**

Thursday

9:15 65 minute Reformer with Jumpboard Intervals / 10:10- -10:25 **TRX**
 10:30 ♥ Classical Flow Reformer with Intro to TOWER **11:30 am Private/Duet**
 3:30 ♥ Reformer **2:30 pm Private/Duet**
 4:30 ♥ Reformer
 5:30 ♥ Classical Flow Reformer
 6:30 ♥ Reformer with Intro to TOWER

Friday

7:30 am Private/Duet
 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** **12:00 noon Private/Duet**

Saturday

STUDIO 1

Instructor Rotation

STUDIO 2

8:00 Reformer **8:00 am Private/Duet**
 8:55-9:10 **TRX Express**
 9:15 Reformer **9:15 am ♥ Classical Flow Reformer**

10:15

Reformer

10:15 am Private/Duet
