

North Andover Studio 2018

January 2 - May 24, 2018

Monday

8:30 L2 Reformer / TRX **or** TOWER (*Rotation*)
9:30 Reformer with Infinity Bar & Integrated Tower
10:30 65 minute Reformer / 10:20-11:35 **BOSU Balance**

3:30 Classical Flow Reformer
4:30 Reformer-TOWER *Rotation*
5:30 Reformer -TOWER *Rotation*
6:30 Classical Flow Reformer
7:30 CARDIO Hiit (Water Rower, TRX, Pilates Stick, Barre, BOSU, Reformer)

Tuesday

9:15 65 minute Reformer / 10:10 -10:25 **TRX Express**
10:30 Classical Flow Reformer

3:30 Classical Flow Reformer
4:30 Reformer
5:30 Reformer
6:30 Classical Flow Reformer

Wednesday

8:00 Classical Flow Reformer
9:30 CARDIO Hiit (Jumpboard, WaterRower, TRX, Pilates Stick, Barre, BOSU)

4:30 Circuit (Reformer, Water Rower, TRX)
5:30 Classical Flow Reformer
6:30 Circuit (Reformer, Water Rower, TRX)

Thursday

10:30 Classical Flow Reformer

3:30 Classical Flow Reformer
4:30 Reformer
5:30 Classical Flow Reformer
6:30 Reformer

Friday

8:30 CARDIO Hiit (Jumpboard, WaterRower, TRX, Pilates Stick, Barre, BOSU)
9:30 Reformer-TOWER *Rotation*
10:30 65 minute Reformer / 10:15-11:35 **TRX Express**

Saturday

8:00 Circuit **SURPRISE** (Reformer, Water Rower, TRX, Barre, BOSU, Jumpboard)

9:15 Reformer
10:15 Classical Flow Reformer

