

Hampstead NH Studio

January 2 – May 24, 2018

♥ = Beginner Friendly

Monday

7:30 **L2** Reformer Kim / Christie
8:30 ♥ Reformer
9:30 Circuit (**WATER ROWER** – Reformer - TRX)
10:30 *Private/Duet Training*

4:30 ♥ Circuit (**WATER ROWER** – Reformer - TRX) Kathy
5:30 *Private/Duet Training*
6:30 **L2** Reformer

Tuesday

9:30 ♥ Pilates Equipment Kim
6:00 ♥ *65 Minute Classical Flow Reformer* Crystal

Wednesday

7:30 ♥ Reformer Marybeth
8:30 Circuit (**WATER ROWER** – Reformer - TRX)
9:30 Pilates Equipment
10:30 *Private/Duet Training*

3:30 *Private/Duet Training* Kim
4:30 ♥ Pilates Equipment
5:30 *Private/Duet Training*
6:30 **CIRCUIT SURPRISE** (Jumpboard, **WATER ROWER**, Reformer, BOSU, TRX, TOWER)

Thursday

9:30 MAT-CORE *plus* Pilates Equipment Christie
10:30 *Private/Duet Training*

6:00 ♥ *65 Minute Classical Flow Reformer* Stacey

Friday

7:30 **L2** Circuit (**WATER ROWER** – Reformer - TRX) Dottie / Kathy
8:30 ♥ *Classical Flow Reformer*
9:30 Reformer Crystal

Saturday ***Instructor Rotation:***

8:30 **CIRCUIT SURPRISE** (Jumpboard, **WATER ROWER**, Reformer, BOSU, TRX)
9:30 ♥ *Classical Flow Reformer*
10:30 *Private/Duet Training* **OR** Pilates **ORIENTATION**
