

♥ = Beginner Friendly

Monday

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

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

Tuesday

9:15 65 minute Reformer / 10:05 -10:20 **TRX Express**
10:30 ♥ Classical Flow Reformer
3:30 **Circuit** (Reformer, Water Rower, Jumpboard, TRX)
4:30 ♥ Classical Flow Reformer
5:30 Reformer
6:30 ♥ Classical Flow Reformer

Wednesday

8:00 ♥ Classical Flow Reformer
9:30 **Circuit** (Reformer, Jumpboard, Water Rower, TRX)
4:30 **Circuit** (Reformer, Water Rower, TRX)
5:30 ♥ **Circuit** (Reformer, Water Rower, TRX)
6:30 **Circuit** (Reformer, Water Rower, Jumpboard, 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 / 11:20-11:35 **TRX Express**

Saturday

8:00 65 minute Refomer / 8:50-9:10 **TRX Express**
9:15 Reformer
10:15 ♥ Classical Flow Reformer
