

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Gentle	Intro	Pilates: Level 1	Pilates: Level 2	Pilates Level 3 & Advanced	Group Fitness	
6 or 6:30a							
8 or 8:30a		7:30 am Mindfulness Moment		7:30 am Mindfulness Moment		8:00 am Pilates: Level 1 (Sara)	
9 or 9:30a	9:00 am Pilates:Advanced (Aimee)	9:00 am Pilates: Level 2 (Angela)	9:00 am Barre (Jane)	9:00 am Fascial Movement Class (Suzanne)	9:00 am Barre (Jane)		9:15 am Hatha Yoga (Shannon)
10 or 10:30a	10:00 am Gentle Yoga (Shannon)	10:00 am Level 1 GYROKINESIS (Suzanne)	10:00 am Yoga Flow (Sammy)	10:00 am Gentle Yoga (Shannon)		*10:00 am Pilates: Level 2 (Kristin)	
11 or 11:30a	11:00 am Pilates: Level 1 (Jane)	11:00 am Pilates: Gentle (Sara)	11:00 am Mindfulness Moment	11:00 am Pilates: Level 3 (Angela)	11:00 am Pilates: Gentle (Jane)	11:00 am Transition Class (Sara)	
12 or 12:30p			11:30 am Pilates: Level 2 (Angela)	12:00 pm Pilates: Gentle (Stephanie)		12:00 pm Pilates: Gentle (Laura T)	
1 or 1:30p				1:30 pm Gentle GYROKINESIS (Lauren)		1:00 pm Barre Level 2 (Laura T)	
2 or 2:30p				2:30 pm Pilates: Level 2 (Angela)			
3 or 3:30p							
4 or 4:30p	4:30 pm Pilates: Level 1 (Angela)		4:30 pm Pilates: Intro Laura	4:30 pm Pilates: Level 2 (Sarah C)			
5 or 5:30p	5:30 pm Men's Pilates: Level 1 (Sarah C)	5:00 pm Transition Class (Tony)	5:30 pm Men's Class (Rochelle)	5:30 pm Pilates: Level 1 (Jane)			
6 or 6:30p		6:00 pm Pilates: Gentle (Tony)		6:30 pm Pilates: Gentle (Parisa)			
7 or 7:30p							
						Last update: January 2019	Please check the website for the most up-to-date schedule!