



CLASS SCHEDULE

MONDAY			9:30am Reformer Strength W/Maja Tworska	10:30am Mat Pilates Outdoor W/Maja Tworska	11:30am Classic Reformer W/Finna Noyes	17:30am RnB Reformer Flow W/Verity Thenard
TUESDAY	07:00am Rise&Shine Reformer W/Verity Thenard	8:00am Classic Reformer W/Finna Noyes	9:30am Reformer Cardio&Stretch W/Finna Noyes	10:30am Mat Pilates Indoor W/Maja Tworska	11:30am Mat Pilates Indoor W/Maja Tworska	17:30am Reformer Stretch W/Maja Tworska
WEDNESDAY			9:30am Mat Pilates Indoor W/Verity Thenard	10:30am Reformer Core&Glutes W/Finna Noyes	11:30am Reformer Stretch W/Finna Noyes	17:30am Latin Dance W/Maja Tworska
THURSDAY	07:00am Rise&Shine Reformer W/Verity Thenard	8:00am Classic Reformer W/Verity Thenard	9:30am Reformer Strength W/Verity Thenard	10:30am Reformer Cardio & Stretch W/Finna Noyes		
FRIDAY		8:00am Reformer Strength & Length W/Maja Tworska	9:30am Classic Reformer W/Maja Tworska	10:30am Mat Pilates Indoor W/Maja Tworska	11:30am Mat Pilates Indoor W/Maja Tworska	
SATURDAY		8:30am Reformer Strength W/Maja Tworska				