



CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30am Strength Circuits W/Kelly Lindley				
9:30am HIIT W/Kelly Lindley		9:30am HIIT W/Kelly Lindley		9:30am Strength Circuits W/Michaela Machine	9:30am Bootcamp W/Michaela Machine
10:30am Mat Pilates Outdoor W/Maja Tworska	10:30am Mat Pilates Indoor W/Maja Tworska	09:30am Mat Pilates Indoor W/Verity Thenard		10:30am Mat Pilates Indoor W/Maja Tworska	
	11:30am Mat Pilates Indoor W/Maja Tworska	10:30am Mommy and Me W/Kelly Lindley		11:30am Mat Pilates Indoor W/Maja Tworska	