



	MON	TUE	WED	THU	FRI	SAT
06:00			06:00 REFORMER	06:00 MAT PILATES	06:00 REFORMER	
07:00				07:00 REFORMER	07:00 REFORMER	
08:00					08:00 GENTLE YOGA	08:00 PARK WHEEL CLASS
09:00		09:00 REFORMER	09:00 REFORMER	09:00 REFORMER	09:00 REFORMER	
10:00		10:00 REFORMER	10:00 REFORMER	10:00 REFORMER	10:00 REFORMER	
11:00						
12:00		12:00 GENTLE MAT PILATES				
15:30		15:30 REFORMER		15:30 REFORMER		
16:30 MAT PILATES		16:30 ADVANCED REFORMER		16:30 ADVANCED REFORMER		
17:30 GENTLE YOGA						

BOOKINGS
MINDBODY.

