

WINTER 2019/2020 SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30AM		Circuit Cardio Apparatus		Ballet Barre Workout			
8:00 AM	Aerial Pilates & BB Barre		Level I & II Reformer		Level I & II Reformer		
9:00AM	Reformer/MOTR/BODHI Cardio/ Level I & II						
8:30 AM		Back to Basics Reformer		Back to Basics Reformer			
9:30 AM		Reformer Level II & III	Reformer /MOTR/BODHI Cardio Level I & II	Tower Level II & III	Advanced Reformer w/Renee Ricca	Back to Basics Reformer	Back to Basics Reformer
		Level I & II Reformer		Tower & Reformer Level I & II			
10:00AM	Rehab Pilates w/ Renee Ricca						
10:30 AM		Advanced Reformer w/Renee Ricca			Reformer/MOTR/BODHI Cardio/ Level I & II	Reformer Level I & II	Level I & II Reformer
11:00 AM			Salsa Workout & Shines w/ Silenia Rodrigues				
11:30 AM				Rehab Pilates			Aerial Pilates
6:00PM	Back to Basics Reformer	Reformer Level I & II	Back to Basics Reformer	Reformer Level I & II			
6:30 PM		Reformer Level II & III					
7:00PM	Reformer/BO DHI/MOTR Cardio Level I & II		Reformer/MOTR/BODHI Cardio Level I & II				