

IN HOUSE SCHEDULE

SUMMER 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	Level I & II Reformer All Apparatus	Back to Basics 1 & 2	Level I & II Reformer All Apparatus	Back to Basics 1 & 2	Level I & II Reformer All Apparatus	
9:15AM					Level I & II Reformer All Apparatus	
9:30AM						
10:30 AM		Level I & II Reformer All Apparatus	Rehab Stretch and Apparatus	Tower Level II & III	Rehab Stretch and Apparatus	
10:45 AM						Open Level I & II Reformer All Apparatus
6:00PM	Back to Basics & Basic Level 1		Back to Basics 1 & 2			
6:30 PM		Reformer/ Pilates Suspension / All Apparatus Level I & II All Apparatus				