

IN HOUSE SCHEDULE

November 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	
9:30AM	Intermediate 1 & Basic 2	Intermediate 1 & Basic 2	G.A.L.A. Glutes, Abs, Legs, Arms	Intermediate 1 & Basic 2	Advanced Pilates with Renee Ricca	Back to Basics
10:30 AM		Level I & II Reformer All Apparatus	Gyrokinesis	Tower Level II & III	Back to Basics 1 & 2	Level I & II Reformer All Apparatus
6:00PM	Intermediate 1 & Basic 2		Intermediate 1 & 2 Reformer/MOTR/N Bodhi	Reformer/Tower		
6:30 PM		Reformer/ Pilates Suspension / All Apparatus Level I & II All Apparatus				
7:00 PM	Back to Basics					