



Dupont Studio Schedule

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------|---------------|------------------------------------|--------------------------------|---------------------------|---------------------------------|------------------------------|------------------------------|
| 7AM - 9AM | MAT/SP REF | 8:30 ELDOA | 8:30 Springboard Intense | | 8:30 Springboard Intense | | |
| | | 8:30 Intense Reformer | 8:30 Core Reformer | | 8:30 Ref Trim & Tone | | |
| 9AM - 10AM | MAT/SP REF | 9:30 Core Dynamics 1 | 9:30 Springboard Core | 9:30 Abs, Hips, Thighs | 9:30 Power & Flow | 9:30 Core Dynamics 2 | 9:30 Core Dynamics 2 |
| | | 9:30 Ref Trim & Tone | 9:30 Ref Trim & Tone | 9:30 Intense Reformer | 9:30 Core Reformer | 9:00 Core Reformer | 9:30 Core Reformer |
| 10AM - 11AM | MAT/SP REF | | 10:30 Core Dynamics 1 | 10:30 Springboard Core | | 10:30 Core Dynamics 1 | 10:30 Abs, Hips, Thighs |
| | | 10:30 Core Reformer | 10:30 Intense Reformer | 10:30 Ref BOOTCAMP | 10:30 Core Reformer | 10:30 Intense Reformer | 10:00 Ref BOOTCAMP |
| 11AM - 12PM | MAT/SP REF | | | 11:30 ELDOA | 11:30 Core Essentials | 11:30 Springboard Intense | 11:30 Springboard Intense |
| | | | 11:30 Restorative Ref | 11:30 Ref Trim & Tone | | 11:00 Ref Body Sculpt | 11:30 Ref Body Sculpt |
| 12PM - 1PM | MAT/SP REF | 12:15 Core Dynamics 2 | | | | | |
| | | | 12:15 Core Reformer | | 12:15 Ref Cardio & Conditioning | 12:30 Ref Trim & Tone | 12:45 Core Reformer |
| 1PM - 2PM | MAT/SP REF | 1:45 Neuro Active with Springboard | | | | | |
| | | 1:15 Intense Reformer | | | | | |
| 2PM - 3PM | MAT/SP REF | | | 2:00 Neuro 2/3 | | | |
| 3PM - 4PM | MAT/SP REF | | 3:00 Neuro 2/3 | | | | |
| | | 3:00 Restorative Reformer | | | | | |
| 4PM - 5PM | MAT/SP REF | | | | | | |
| 5PM - 6PM | MAT/SP REF | 5:30 Power & Flow | 5:30 ELDOA | | 5:30 Abs, Hips, Thighs | | |
| | | 5:30 Ref Trim & Tone | 5:30 Ref Cardio & Conditioning | 5:30 Core Reformer | 5:30 Intense Reformer | | |
| 6PM - 7PM | MAT/SP REF | 6:30 Total Body Resist. Challenge | 6:30 Springboard Intense | 6:30 Core Dynamics 2 | | | |
| | | 6:30 Intense Reformer | 6:30 Core Reformer | 6:30 Ref Body Sculpt | 6:30 Core Reformer | | |
| 7PM - 8PM | MAT/SP REF | | | | | | |
| | | 7:30 Ref BOOTCAMP | 7:30 Intense Reformer | 7:30 Ref Trim & Tone | 7:30 Ref Trim & Tone | | |
| 8PM - 9PM | MAT/SP REF | | | | | | |

What You Can Do If You Miss A Class

Please make sure to cancel out of a group class at least 6 hours prior to the class start time. Otherwise regular charges for the class apply.

Cancellations can be made automatically online or by calling the Front Desk of the studio where the class is scheduled.

Any reserved class that you cannot attend may be transferred to an individual of your choice.

If you miss a machine class you can make it up with either one machine or one mat class.

There are some classes that are fully reserved. If attendees have not arrived within the first five minutes of the class available spots will be offered to those waiting on a first come, first serve basis.

Studio Schedule is subject to change, please view our website for the most current information.