



Eglinton Studio Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7AM - 9AM	MAT/SP: 8:30 Springboard Core REF	8:30 Springboard Intense		8:30 Intense Reformer	6:45 Intense Ref	8:30 Core Reformer	
9AM - 10AM	MAT/SP: 9:30 Power & Flow REF: 9:30 Core Reformer	9:30 Core Dynamics 1 9:30 Ref Body Sculpt	9:30 Springboard Sculpt 9:30 Core Reformer	9:30 Power & Flow 9:30 Ref Trim & Tone	9:30 Abs, Hips, Thighs 9:30 Intense Reformer	9:30 Abs, Hips, Thighs 9:30 Intense Reformer	9:00 Abs, Hips, Thighs
10AM - 11AM	MAT/SP: 10:45 Core Essentials REF: 10:30 Ref Trim & Tone	10:30 Springboard Core 10:30 Intense Reformer	10:45 Core Essentials 10:45 Ref Cardio & Conditioning	10:30 Abs, Hips, Thighs 10:30 Ref Body Sculpt	10:30 Ref Trim & Tone	10:30 Core Dynamics 2 10:30 Ref Trim & Tone	10:00 Core Dynamics 2 10:00 Core Reformer
11AM - 12PM	MAT/SP REF	11:30 Core Essentials 11:30 Ref Trim & Tone		11:30 Core Essentials	10:30 Core Dynamics 1 11:30 Restorative Ref		11:00 Springboard Intense 11:00 Ref Trim & Tone
12PM - 1PM	MAT/SP REF: 12:15 Restorative Ref				12:30 Ref Body Sculpt	12:45 Intense Reformer	12:15 Intense Reformer
1PM - 2PM	MAT/SP REF: 1:15 Intense Reformer			1:00 Core Reformer			
2PM - 3PM	MAT/SP REF						<p>What You Can Do If You Miss A Class</p> <p>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.</p> <p>Cancellations can be made automatically online or by calling the Front Desk of the studio where the class is scheduled.</p> <p>Any reserved class that you cannot attend may be transferred to an individual of your choice.</p> <p>If you miss a machine class you can make it up with either one machine or one mat class.</p> <p>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.</p>
3PM - 4PM	MAT/SP REF						
4PM - 5PM	MAT/SP REF						
5PM - 6PM	MAT/SP REF						
6PM - 7PM	MAT/SP REF: 6:00 Ref Trim & Tone	6:00 Springboard Intense 6:00 Core Reformer	6:30 Abs, Hips, Thighs				
7PM - 8PM	MAT/SP REF	7:00 Ref Cardio & Conditioning	7:30 Ref Trim & Tone	7:30 Intense Reformer			
8PM - 9PM	MAT/SP REF: 8:00 Intense Reformer						

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