

## Dupont Studio Schedule

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