



Eglinton Studio Schedule

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

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.