

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45AM - 8AM	MAT / SP							
	REF	NEW! 7:30am Intense Reformer						
8AM - 9AM	MAT / SP		8:30am ELDOA	8:30am Springboard Intense		8:30am Springboard Intense		
	REF	8:30am Intense Reformer	8:30am Core Reformer	8:30am Core Reformer		8:30am Ref Trim & Tone		
9AM - 10AM	MAT / SP	9:30am Core Dynamics 1	9:30am Core Dynamics 2	9:30am Springboard Core	9:30am Abs, Hips & Thighs	9:30am Power & Flow	9:30am Core Dynamics 2	9:30am Core Dynamics 2
	REF	9:30am Ref Trim & Tone	9:30am Ref Trim & Tone	9:30am Ref Trim & Tone	9:30am Intense Reformer	9:30am Core Reformer	9:00am Core Reformer	9:30am Core Reformer
10AM - 11AM	MAT / SP	10:30am Springboard Core	10:30am Core Essentials	10:30am Core Dynamics 1	10:30am Springboard Core		10:30am Core Dynamics 1	10:30am Abs, Hips & Thighs
	REF	10:30am Core Reformer	10:30am Intense Reformer	10:30am Ref Bootcamp	10:30am Core Reformer	10:30am Intense Reformer	10:00am Ref Bootcamp	10:30am Ref Cardio & Jumpboard
11AM - 12PM	MAT / SP				11:30am ELDOA	11:30am Core Essentials	11:30am Springboard Intense	11:30am Springboard Intense
	REF			11:30am Restorative Ref	11:30am Ref Trim & Tone		11:00am Ref Body Sculpt	11:30am Re Body Sculpt
12PM - 1PM	MAT / SP	12:15pm Core Dynamics 2		12:15pm Power & Flow				
	REF		12:15pm Core Reformer			12:15pm Ref Cardio & Jumpboard	12:30pm Ref Trim & Tone	12:45pm Core Reformer
1PM - 2PM	MAT / SP	1:45pm Neuro Active with Springboard						
	REF	1:15pm Intense Reformer						
2PM - 3PM	MAT / SP				2:00pm Neuro 2/3			
	REF							
3PM - 4PM	MAT / SP		3:00pm Neuro 2/3					
	REF	3:00pm Restorative Ref						
4PM - 5PM	MAT / SP							
	REF							
5PM - 6PM	MAT / SP	5:30pm Power & Flow	5:30pm ELDOA	NEW! 5:30pm Springboard Core	5:30pm Abs, Hips & Thighs			
	REF	5:30pm Ref Trim & Tone	5:30pm Ref Cardio & Jumpboard	5:30pm Core Reformer	5:30pm Intense Reformer			
6PM - 7PM	MAT / SP	NEW! 6:30pm Power & Flow	6:30pm Springboard Intense	6:30pm Core Dynamics 2				
	REF	6:30pm Intense Reformer	6:30pm Core Reformer	6:30pm Ref Body Sculpt	6:30pm Core Reformer			
7PM - 8PM	MAT / SP							
	REF	7:30pm Ref Bootcamp	7:30pm Intense Reformer	7:30pm Ref Trim & Tone	7:30pm Ref Trim & Tone			

Schedule Changes

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

This can be done online or by calling the Front Desk of the Studio where the class is scheduled.

5-minute rule

If you have reserved a space in a class and are going to be late, please let the Studio know. Otherwise your spot will be made available after 5 minutes. Available spaces are offered on a first come, first served basis.

Legend

Mat / SP = Mat / Springboard Room
Ref = Reformer Room