

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

### 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