

Spring Schedule April – June 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 am – 7:00 am		Total Barre Ashley 6:15 – 7:15 am	Intermediate Reformer Mark 6:00 am – 7:00 am	Total Barre Ashley 6:15 – 7:15 am Intermediate/ Advanced Mat Ashley 7:30 – 8:30 am	Intermediate Reformer Mark 6:00 am – 7:00 am
7:30 – 8:30 am		Intermediate/ Advanced Mat Ashley 7:30 – 8:30 am	Intermediate/ Advanced Reformer Ashley 8:45 am – 9:45 am New Class!	Total Barre Ashley <u>9:00 – 10:00 am</u>	
8:45 am – 10:00 am	Total Barre Anne 9:00 am – 10:00 am	Intermediate/ Advanced Reformer Ashley 8:45 am – 9:45 am	Total Barre Anne New Class! 9:00 am – 10:00 am	Intermediate/ Advanced Reformer Kirsty 8:45 am – 9:45 am	
10:15 – 11:15 am	Mens Reformer Kirsty 9:45-10:45am	Gentle Mat Kirsty 10:00 – 11:00 am	Mom & Baby Matwork Kirsty 6 Weeks Starts April 17 New Class! Pre-registration	Intermediate Reformer Kirsty <u>10:15-11:15 am</u>	
		<u>Beginner Reformer</u> <u>Ashley</u> <u>10:00-11:00 am</u>	<u>Beginner Reformer</u> <u>Ashley</u> <u>10:00-11:00 am</u> New Class! Beginner Series	Mixed Level Mat Mat Kirsty <u>11:30 am– 12:30 pm</u>	
11:00 - 12:00 pm	Intermediate/ Advanced Reformer Kirsty 11:00– 12:00 pm	Intermediate Reformer Ashley 11:45 - 12:45 pm	Intermediate Reformer Kirsty 11:15 - 12:15 pm	Intermediate Reformer Ashley 11:30 - 12:30 pm	Intermediate Reformer Mark 11:30-12:30 pm
12:15 – 1:15 pm	Intermediate Reformer Kirsty 12:15 – 1:15 pm		Intermediate/Advanced Reformer Kirsty 12:30 – 1:30 pm		
4:00 – 5:00 pm			Intermediate Reformer Mark 4:00 – 5:00 pm	Beginner Reformer Mary Ann 4:00 – 5:00 pm	
5:15 – 6:15 pm	Intermediate Reformer Mark 5:15 – 6:15 pm	Beginner/Intermediate Reformer Mary Ann 5:15 – 6:15 pm Total Barre Ashley - 5:15-6:15 pm 5:15-6:15 pm	Intermediate Reformer Mark 5:15 – 6:15 pm	Beginner/Intermediate Reformer Mary Ann 5:15 – 6:15 pm Intermediate Reformer Mary Ann - 6:30 - 7:30 pm	