

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 am – 7:00 am	Cardio Jumpboard Kirsty 8:45 – 9:45 am **NEW CLASS!	Pilates Power Sculpt Kirsty **NEW CLASS! 8:45 – 9:45 am	Intermediate Reformer Mark 6:00 - 7:00 am	Total Barre Ashley 6:15 – 7:15 am Matwork Flow Ashley 7:30 – 8:30 am	Intermediate Reformer Mark 7:00 – 8:00 am
8:45 am – 10:00 am	Total Barre Ashley 8:45 – 9:45 am	Intermediate/ Advanced Reformer Ashley 8:45 am – 9:45 am	Total Barre Anne 8:45 – 9:45 am	Intermediate/ Advanced Reformer Glynis 8:45 – 9:45 am Total Barre Ashley 9:00 – 10:00 am	Total Barre **NEW CLASS! Ashley 9:00 am – 10:00 am
10:00 – 11:15 am	Mens Reformer Kirsty 10:00 -11:00 am	Gentle Mat Kirsty 10:15 – 11:15 am <u>Beginner Reformer</u> Ashley **NEW SERIES! 10:00-11:00 am	Chair Combo Class Kirsty 10:15 – 11:15 am <u>Beginner/Intermediate Reformer</u> Ashley 10:00-11:00 am	Intermediate Reformer Glynis 10:00-11:00 am Chair Combo Class Kirsty 10:15 – 11:15 am Mixed Level Mat Kirsty 11:30 – 12:30 pm	<u>Reformer Flow</u> Ashley **NEW SERIES! 10:15 -11:15 am Chair Combo Class Mark 10:15 – 11:15 am **NEW SERIES!
11:00 - 12:00 pm	Intermediate Reformer Kirsty 11:15 am– 12:15 pm	Intermediate Reformer Ashley 11:45 am - 12:45 pm	Intermediate Reformer Kirsty 11:15 am - 12:15 pm	Beginner / Intermediate Reformer Ashley 11:30 am - 12:30 pm	Beginner Reformer Mark **NEW SERIES! 11:30 am - 12:30 pm
12:30 – 1:30 pm	Intermediate Reformer Kirsty 12:30 – 1:30 pm		Intermediate/Advanced Reformer Kirsty 12:30 – 1:30 pm		
4:00 – 5:00 pm	Beginner Reformer Mark **NEW SERIES! 4:00 – 5:00 pm		Intermediate Reformer Mark 4:00 – 5:00 pm	Beginner Reformer Mary Ann **NEW SERIES! 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	Beginner Reformer Mark **NEW SERIES! 5:15 – 6:15 pm Intermediate Reformer Mary Ann 6:15 – 7:15 pm	Beginner/Intermediate Reformer Mary Ann 5:15 – 6:15 pm January Cardio Barre! Ashley **NEW CLASS! 5:15 – 6:15 pm Intermediate Reformer Mary Ann 6:30 - 7:30 pm	February Series! Thursday Beginner Mat Series Emma 5:15 – 6:15 pm February 6, 13, 20, 27 **Pre-Registration