

Spring Schedule April / May / June 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 am – 7:00 am	Cardio Jumpboard Kirsty 8:45 – 9:45 am	Pilates Power Sculpt Kirsty 8:45 – 9:45 am	Intermediate Reformer Mark 6:00 - 7:00 am		Intermediate Reformer Mark 7:00 – 8:00 am Total Barre Ashley 6:15 – 7:15 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 Kirsty 8:45 – 9:45 am Total Barre Ashley 9:00 am – 10:00 am	Total Barre 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 Beginner Reformer Ashley **NEW SERIES! 10:00-11:00 am	Chair Combo Class Kirsty 10:15 – 11:15 am Beginner/ Intermediate Reformer Ashley 10:00-11:00 am	Intermediate Reformer Ashley 10:00-11:00 am Chair Combo Class Kirsty 10:15 – 11:15 am Mixed Level Mat Kirsty 11:30 – 12:30 pm	Reformer Flow Ashley 10:15 -11:15 am
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/ Intermediate Reformer Mary Ann 6:15 – 7:15 pm	Beginner Reformer Mark **NEW SERIES! 5:15 – 6:15 pm	Beginner/Intermediate Reformer Mary Ann 5:15 – 6:15 pm Parent & Teen Cardio Barre! Ashley 5:15-6:15 pm Intermediate Reformer Mary Ann 6:30 - 7:30 pm	