

Fall Schedule Sept / Oct / Nov 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	Total Barre Ashley 6:15 – 7:15 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 Kirsty 8:45 – 9:45 am	Total Barre Lauren 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> Kirsty **NEW SERIES! <u>10:00-11:00 am</u>	Intermediate Reformer Ashley <u>10:15 -11:15 am</u>	<u>Beginner Reformer</u> <u>10:15 -11:15 am</u> **NEW SERIES! Lauren
		<u>Beginner Reformer</u> Ashley **NEW SERIES! <u>10:00-11:00 am</u>		Chair Combo Class Kirsty 10:15 – 11:15 am	
11:00 – 12:00 pm	Intermediate Reformer Kirsty 11:15 am– 12:15 pm	Intermediate Reformer Ashley 11:15 am– 12:15 pm	Pilates with Props Emma 12:15 – 1:15 pm	Beginner / Intermediate Reformer Ashley 11:30 am – 12:30 pm	
12:30 – 1:30 pm	Intermediate/Advanced Reformer Kirsty 12:30 – 1:30 pm	Reformer Flow Ashley 12:30 – 1:30 pm **NEW CLASS!!	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	Beginner Reformer Mark **NEW SERIES! 5:15 – 6:15 pm	Beginner/ Intermediate Reformer Mary Ann 5:15 – 6:15 pm	Beginner/ Intermediate Matwork Emma 5:15 – 6:15 pm
		Total Barre Ashley 5:15 – 6:15 pm		Intermediate Reformer Mary Ann 6:30 – 7:30 pm	
		Beginner/ Intermediate Reformer Mary Ann 6:15 – 7:15 pm			