

Fall Class Schedule Sept/Oct 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
		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 8:45 – 9:45 am Kirsty **Emma starts NEW Series Barre Intensity on Oct 5 th !		Total Barre 8:45 – 9:45 am Kirsty **Emma starts Barre Intensity on Oct 5 th !	Intermediate/ Advanced Reformer Kirsty 8:45 – 9:45 am	Beginner Re- former Mark **NEW SERIES! 9:00 – 10:00 am
				Total Barre Ashley 9:00 am – 10:00 am	
	Mens Reformer Kirsty 10:00 -11:00 am	Gentle Mat Kirsty 10:15 – 11:15 am	Beginner/Intermediate Reformer Kirsty 10:00-11:00 am	Intermediate Reformer Ashley 10:15-11:15 am	
		Beginner Reformer Mary Ann **NEW SERIES! 10:00-11:00 am		Chair Combo Class Kirsty 10:15 – 11:15 am	
				Mixed Level Mat Kirsty 11:30 – 12:30 pm	
	Intermediate Reformer Kirsty 11:15 am– 12:15 pm	Intermediate Reformer Mary Ann 11:15am 12:15 pm	Intermediate Reformer Kirsty 11:15 am – 12:15 pm	Beginner / Intermediate Reformer Ashley 11:30 am – 12:30 pm	
	Intermediate/Advanced Reformer Kirsty 12:30 – 1:30 pm	Reformer Flow Mary Ann 12:30 – 1:30 pm	Intermediate/Advanced Reformer Kirsty 12:30 – 1:30 pm	Beginner Reformer Mary Ann **NEW SERIES! 4:00 – 5:00 pm	
	Beginner Reformer Mark **NEW SERIES! 4:00-5:00 pm	Beginner/Intermediate Re- former Mary Ann 5:15 – 6:15 pm	Intermediate/Advanced Reformer Mark 4:00 – 5:00 pm	Beginner/ Intermediate Reformer Mary Ann 5:15 – 6:15 pm	
	Beginner Reformer Mark **NEW SERIES! 5:15 – 6:15 pm	Total Barre Ashley 5:30 – 6:30 pm	Beginner/ Intermediate Reformer Mary Ann 6:15 – 7:15 pm	Beginner Reformer Mark **NEW SERIES! 5:15 – 6:15 pm	Intermediate Reformer Mary Ann 6:15 – 7:15 pm
				Intermediate Reformer Mary Ann 6:15 – 7:15 pm	Total Barre Ashley 5:30 – 6:30 pm