

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8-8:55pm Pilates Springboard RSVP Kimberly		8am Classical Pilates Mat RSVP Kimberly	8-8:50am Pilates Springboard RSVP Alyssa	8-9am Barre Class RSVP Alyssa	
9-10am ZUMBA® Rachel		9-10am Barre Class RSVP Alyssa		9-10am ZUMBA® Rachel	9-9:50am Ladies Booty Camp Alyssa	
10-11am <i>Summer Dance Workshop</i> Jazz / Hip Hop <i>All Levels</i> Alyssa	10-10:55am Classical Pilates Mat RSVP Kimberly	10-11:15am <i>Summer Dance Workshop</i> Ballet <i>All Levels</i> Elaine	10-10:50am Pilates Springboard RSVP Kimberly	10-11am <i>Summer Dance Workshop</i> Modern <i>All Levels</i> Alyssa	10-10:50am Co-Ed Yoga Stretch Alyssa	
11am-12pm Co-Ed Yoga Stretch Alyssa					11am-12pm Tag Team ZUMBA® Bill / Alyssa	11am-12pm Barre Class RSVP Alyssa
					12- 12:50pm Pilates Springboard RSVP Alyssa	12-1pm ZUMBA® Marsha
						1-1:50pm Pilates Springboard RSVP Alyssa
	4:15 - 5pm ZUMBA® Rachel			4-5pm Co-Ed Yoga Stretch Alyssa		
4:30-5:15pm PiYo™ Strength Adam	5-5:55pm Pilates Core Mat & Props Kimberly	5-5:55pm Ballet <i>Beginning</i> Alyssa	4:30 - 5:30pm Barre Class RSVP Alyssa	5-6pm Barre Class RSVP Alyssa		
5:30 - 6:20pm ZUMBA® Fitness Bill	6-7pm Ladies Booty Camp Alyssa	6-7pm Barre Class RSVP Alyssa	5:30 - 6:20 ZUMBA® Alyssa	6-6:45pm ZUMBA® Alyssa		*AM & PM Pilates Privates/Duets times available 7 days/week by appointment!
6:30 - 7:20pm Pilates Springboard RSVP Alyssa	7-7:55pm Pilates Springboard RSVP Kimberly	7-8pm ZUMBA® Alyssa	6:30 - 7:20pm Pilates Core Mat & Props Kimberly	6:45-7:40pm Pilates Core Mat & Props Alyssa		
7:30 - 8:45pm Ballet <i>Int./Adv.</i> Elaine	8-9pm Co-Ed Yoga Stretch Alyssa	8-9pm Hip Hop <i>All Levels</i> Alyssa	7:30 - 8:45pm Jazz <i>All levels</i> Alyssa			*Instructors Subject to Change