

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM	*Pilates Reformer Beginning Tabitha (7:45am)		<u>Open</u> Private Pilates Kara			<u>Open</u> Private Pilates Kara	
8:15AM			Pilates Mat Megan (Starts 3/20)	*Pilates Reformer Beginning Kara	*Pilates Reformer Beginning Tabitha	*Pilates Reformer Beginning Kara	Strength/Cardio Tramp Kara
9:30	Pilates Mat Tabitha (9:00am)		Pilates Reformer All Levels Megan	<u>Open</u> Private Pilates Kara		Pilates Reformer Advanced Kara	*Pilates Reformer All Levels Kara
10:45 AM			<u>Open</u> Private Pilates Kara			<u>Open</u> Private Pilates Kara	<u>Open</u> Private Pilates Kara
4:15 PM		Strength/Cardio Trampoline Katie Starts 3/19			Strength/Cardio Tramp Kara	<u>Open</u> Private Pilates Kara	
5:15		*Yoga (5:30) Katie			Pilates Refomer Beginning (5:30) Gin	<u>Open</u> Private Pilates Kara	
6:30				Advanced Pilates Reformer Kara Blue Studio		*Pilates Reformer Beginning Kara Blue Studio	
				*Yoga/Barre Katie Studio 1			
6:45		*Strength Training Kristen (Starts 3/19)			*Strength Training Kristen		
	*Denotes classes that are low impact & appropriate for people who are new to exercise						