

TIMETABLE

ALL CLASSES



PLEASE CHECK APP FOR UPDATED SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	• Bodyweight Strength	• Bodyweight Strength	• Bodyweight Strength	• Bodyweight Strength	• Functional Mobility		
6:15 AM	• Movement Strength	• Kettlebell	• Movement Strength	• Animal Flow	• Movement Strength		
	• Pilates Reformer	• Pilates Reformer	• Pilates Reformer		• Pilates Reformer		
6:30 AM	• Functional Mobility	• Conditioning	• Handstand	• Conditioning	• Bodyweight Strength		
7:00 AM	• Movement Strength	• Full Body Stretch	• Movement Strength	• Full Body Stretch	• Movement Strength		
	• Pilates Reformer	• Pilates Reformer	• Pilates Reformer		• Pilates Reformer		
7:30 AM	• Pilates Reformer	• Pilates Reformer		• Pilates Reformer	• Pilates Reformer	• Handstand	• Conditioning
8:00 AM		OPEN GYM		OPEN GYM	OPEN GYM	• Mish Mash and Smash	• Pilates Reformer
8:30 AM	OPEN GYM	• Prime Movers	OPEN GYM	• Pilates Reformer	• Pilates Reformer	• Abs, Butt and Core	• Movement Strength
				• Prime Movers		• Functional Mobility	• Rest and Recover Reformer
9:00 AM		OPEN GYM		OPEN GYM	OPEN GYM	• Pilates Reformer	
9:30 AM	• Movement Strength	• Conditioning	• Functional Mobility	• Bodyweight Strength	• Movement Strength		
				• Pilates Reformer	• Pilates Reformer		
10:00 AM							
10:30 AM				• Pilates Reformer			
11:00 AM	OPEN GYM	OPEN GYM	OPEN GYM		OPEN GYM		
11:30 AM				OPEN GYM			
12:00 PM							
12:30 PM	• Movement Strength	• Bodyweight Strength	• Movement Strength	• Conditioning	• Pilates Reformer		
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM			
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM	• Movement Strength	• Bodyweight Strength	• Movement Strength	• Bodyweight Strength	• Movement Strength		
5:45 PM		• Animal Flow					
6:00 PM	• Pilates Reformer	• Pilates Reformer		• Pilates Reformer	• Conditioning		
6:30 PM	• Conditioning	• Lower Body Stretch	• Abs, Butt and Core	• Functional Mobility			
7:00 PM	• Pilates Reformer	• Mat Pilates	• Pilates Reformer	• Mat Pilates			



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