

TIMETABLE

ALL CLASSES

MOVEMENT
hq

PLEASE CHECK APP FOR UPDATED SCHEDULE

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