

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:30 AM	Pilates Barre Meredith		Reformer Ronnie		Mat Meredith		
10:00 AM							Barre Meredith
11:00 AM						Mat Ronnie	Reformer Meredith
12:00 PM		Reformer Meredith	Mat Ronnie	Yoga Raechel	Reformer Ronnie	Core Focus Ronnie	
1:00PM	Mat Meredith	Core Focus Meredith	Reformer Ronnie	Core Focus Meredith	Pilates Barre Ronnie		
2:00 PM	Reformer Meredith			Reformer Meredith			
5:30 PM	Core Focus Ronnie		Reformer Ronnie		Core Focus Meredith		
6:00 PM		Reformer Ronnie		Mat Gwen			
6:30 PM	Pilates Mat Ronnie				Reformer Meredith		
7:00 PM		Core Focus Ronnie		Reformer Gwen			
7:30 PM	Reformer Ronnie		Core Focus Ronnie				