

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.15	HIIT Reformer	Reformer Floor/balls and bands class	Circuit Reformer	Reformer Floor/ balls and bands class	Strength Reformer	
6.00	Reformer	Reformer Floor/ balls and bands class	Circuit Reformer	Reformer Floor/ balls and bands class	Strength Reformer	
6.45		Reformer		Reformer	Reformer	Circuit
7.30						Mobility/stretch
8.00						
8.15						Combo Pilates
8.45	Reformer	Reformer	Strength	Reformer	Reformer	
9.00						Reformer
9.30						
10.00						
11.00						
11.45						
12.30						
13.15						
14.00						
14.45						
15.45						
16:00						
16.30						
17.00		Strength	Circuit	Strength		
17.15	Reformer	Reformer	Reformer	Reformer		
18.00	Reformer	Strength	Reformer	Reformer		
18:30		Reformer				
18.45	Reformer		Reformer	Yoga		
19.10						