



## TIMETABLE

(may change on short notice. Members will be notified.)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Revitalizing Yoga 5:30am – 6:30 am	HITT Pilates 5:30am -6:30 am		Pilates Fusion 5:30am -6:30 am	Barre & Ball 5:30am – 6:30am
Pilates in the Park 8:00 – 8:45 am				Revitalizing Yoga 9:15am – 10:15 am	Pilates Fusion (Ball & Band Session) 9:15am -10:15 am
Barre & Ball 9:15 – 10:15 am					
Pure Stretch 10:15 – 11:00 am					
	Barre & Ball 5:15pm – 6:15pm	Intermediate Pilates 5:30pm – 6:30pm	Pure Mat 5:15pm – 6:15pm		
	Stretch & Strength 6:30pm – 7:30pm	Yin Yoga 6:45pm -7:45 pm	Beginner's Couse Night (6 weeks) <i>(sign-up only)</i>		