



Weekly Class Schedule

<u>Monday</u>		
9:30 - 10:30 AM	Int.-Adv. Reformer	Phaedra
5:30 - 6:30 PM	Intermediate Mat	Anna
6:30 - 7:30 PM	Basic Reformer	Anna
6:30 - 7:30 PM	Basic Mat	Belinda
<u>Tuesday</u>		
11:30 - 12:30 PM	Intermediate Mat	Allison
5:30 - 6:30 PM	Basic Springs & Pulley	Phaedra
6:30 - 7:30 PM	Advanced Springs & Pulley	Phaedra
<u>Wednesday</u>		
6:00 - 7:00 PM	Basic Mat	Anna
6:00 - 7:00 PM	Advanced Reformer	Phaedra
7:00 - 8:00 PM	Basic Springs & Pulley	Phaedra
<u>Thursday</u>		
11:30 - 12:30 PM	Intermediate Springs & Pulley	Emily
5:30 - 6:30 PM	Basic Springs & Pulley	Phaedra
5:30 - 6:30 PM	Super Advanced Reformer	Allison
6:30 - 7:30 PM	Basic Reformer	Phaedra
<u>Friday</u>		
5:30 - 6:30 PM	Intermediate Springs & Pulley	Anna
<u>Saturday</u>		
9:00 - 10:00 AM	Intermediate Mat	Allison/Laura
10:00 - 11:00 AM	Advanced Mat	Allison/Laura
11:00 - 12:00 PM	Basic Mat	Staff
11:00 - 12:00 PM	Int. Equipment & Mat	Allison/Laura
<u>Sunday</u>		
9:00 - 10:00 AM	Basic Mat	Anna
10:00 - 11:00 AM	Intermediate Mat	Anna