

Weekly Schedule

(schedule may change)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM					pilates / Karen	yoga / Robyn
9:30 AM					PLEASE CALL AHEAD	9:00 - 10:00
10:00 AM			pilates / Nadia		pilates / Nadia	
10:30 AM			PLEASE CALL AHEAD		PLEASE CALL AHEAD	
11:00 AM			yoga / Joni		yoga / Joni	
11:30 AM			PLEASE CALL AHEAD		PLEASE CALL AHEAD	
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM					pilates / Karen	
2:30 PM					2:00 - 2:50	
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM				stretch / Chelsea		
6:00 PM						
6:30 PM	pilates / Danielle					
7:00 PM	6:30 - 7:20		yoga / Robyn	Pilates		
7:30 PM	yoga / Jen		7:00 - 8:00	7:00 - 7:50		
8:00 PM	7:30 - 8:30			yoga / Robyn		
8:30 PM				8:00 - 9:00		
9:00 PM						
9:30 PM						
10:00 PM						
11:00 PM						