

# Group Classes



## Monday

11 - 11.50 AM  
Personal Program  
Lesley

3 - 3.50 PM  
Reformer - Int  
Lisa

4 - 4.50 PM  
Reformer - Beg/Int  
Lisa

5 - 5.50 PM  
Reformer - Beg/Int  
Maggie

6 - 6.50 PM  
MELT Method  
Lisa

7 - 7.50 PM  
Reformer - Beg/Int  
Maggie

## Tuesday

7 - 7.50 AM  
Personal Program  
Sarah

9 - 10.20 AM  
Outdoor Fitness  
Lisa

6 - 6.50 PM  
Reformer - Int  
Lisa

6 - 7.50 PM  
Mat - Int  
Lisa

## Wednesday

9 - 9.50 AM  
Mat - Int  
Lisa

10 - 10.50 AM  
Personal Program  
Lisa

4.30 - 5.20 PM  
Reformer  
Krista

5.30 - 6.50 PM  
Outdoor Fitness  
Lisa

7 - 7.50 PM  
Personal Program  
Krista

## Thursday

8 - 8.50 AM  
Reformer - Beg/Int  
Lisa

9 - 9.50 AM  
Reformer - Beg/Int  
Krista

12 - 12.50 PM  
Personal Program  
Krista

4.30 - 5.20 PM  
Reformer - Beg/Int  
Maggie

5.30 - 6.20 PM  
Reformer - Beg/Int  
Sarah

6.30 - 7.20 PM  
Personal Program  
Sarah

## Friday

9 - 9.50 AM  
Reformer - Int  
Lisa

10 - 10.50 AM  
Reformer - Int  
Krista

11 - 11.50 AM  
Personal Program  
Krista

## Saturday

8 - 8.50 AM  
Reformer - Int  
Sarah

9.30 - 10.20 AM  
Mindful Mat  
Sarah

10.30 - 11.30 AM  
Personal Program  
Sarah

## Sunday

9 - 9.50 AM  
Personal Program  
Maggie

10 - 10.50 AM  
Reformer - Beg/Int  
Maggie

**Please note this is a general schedule to display classes.**

**The best way to explore options is to visit our website and click on the classes that interest you, as this will show the most up-to-date availability week-to-week, including times for Private Lessons and Duets.**