

MAT PILATES/BARRE/TRX/YOGA SCHEDULE

November 3-December 20, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM						
8:30 AM						
9:00 AM	9:00am Yoga OPEN	9:00am Pilates with Props with virtual option SPACES AVAILABLE		9:00am Pilates with Props (virtual only) SPACES AVAILABLE	9:00am Barre SPACES AVAILABLE	
9:30 AM						
10:00 AM					10:00am Fascinating Fascia with virtual option SPACES AVAILABLE	
10:30 AM						
11:00 AM		11:00am Fascinating Fascia with virtual option SPACES AVAILABLE				11:00am Yoga OPEN
11:30 AM						
12:00 PM			12:00pm Yoga OPEN			
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM		4:30pm Mat Pilates SPACES AVAILABLE				
5:00 PM					5:00pm Yoga OPEN	
5:30 PM						
6:00 PM		6:00pm Barre SPACES AVAILABLE				
6:30 PM				6:30pm Barre SPACES AVAILABLE		
7:00 PM		7:00pm Yoga OPEN				
7:30 PM						

