



CLASS SCHEDULE DECEMBER 2018 STUDIO ELEVATE

	MON	TUES	WED	THURS	FRI	SAT
6:45 AM						
7:00						
7:15		7:00-8:00 AM Broga w/ Mary S.			7:00-8:00 AM Broga w/ Mary S.	
7:30						
7:45						
8:00						
8:15	8:00-9:00 AM Reformer Pilates Level 2 w/ Tina	8:00-9:00 AM Reformer Pilates Level 1 & 2 w/ Nikkiem	8:00-9:00 AM Reformer Pilates Level 2 w/ Tina	8:00-9:00 AM Broga w/ Mary S.	8:00-9:00 AM Reformer Pilates Level 1 & 2 w/ Tina	
8:30						
8:45						
9:00						
9:15	9:00-10:00 AM Modified CoreAlign for Rehab w/ Tina	9:15-10:15 AM CoreAlign Intermediate w/ Jessie	9:15-10:15 AM Reformer Pilates Level 2 w/ Beth	9:15-10:15 AM Reformer Pilates Level 3 w/ Nikkiem	9:15-10:15 AM CoreAlign Fundamentals w/ Jessie	
9:30						
9:45						
10:00						
10:15	10:00-11:00 AM Reformer Pilates Level 3 w/ Tina	10:30-11:30 AM CoreAlign Advanced w/ Mary S.	10:30-11:30 AM Reformer Pilates Level 3 w/ Tina	10:30-11:30 AM CoreAlign Intermediate w/ Mary S.	10:30-11:30 AM Reformer Pilates Level 3 w/ Jessie	10:00-11:00 AM CoreAlign Fundamentals w/ Tina
10:30						
10:45						
11:00						
11:15	11:00 AM-12:00 PM Broga w/ Mary S.					11:00 AM-12:00 PM Intro to Mat Pilates w/ Tina
11:30						
11:45						
12:00 PM						
12:15	12:00-1:00 PM Reformer Pilates Level 2 w/ Beth	12:00-1:00 PM Reformer Pilates Level 3 w/ Tina		12:30-1:30 PM Reformer Pilates Level 2 w/ Beth		12:00-1:00 PM Mat Pilates Intermediate w/ Tina
12:30						
12:45						
1:00						
1:15	1:15-2:15 PM CoreAlign Intermediate w/ Jessie	1:30-2:30 PM Total Barre w/ Jessie			1:15-2:15 PM CoreAlign Intermediate w/ Mary S.	1:00-2:00 PM Reformer Pilates Basics w/ Tina
1:30						
1:45						
2:00						
2:15	2:15-3:15 PM Pilates Modified for Rehab w/ Tina		2:15-3:15 PM Pilates Modified for Rehab w/ Tina		2:15-3:15 PM Pilates Modified for Rehab w/ Tina	
2:30						
2:45						
3:00						
3:15						
3:30						
3:45						

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	MON	TUES	WED	THURS	FRI	SAT
4:00 PM						
4:15						
4:30	4:15-5:15 PM CoreAlign Fundamentals w/ Mary S.					
4:45						
5:00						
5:15						
5:30						
5:45	5:30-6:30 PM Broga w/ Mary S.	5:30-6:30 PM CoreAlign Fundamentals w/ Jessie		5:30-6:30 PM Mat Pilates Level 2 w/ Jessie		
6:00						
6:15						
6:30						
6:45	6:30-7:30 PM CoreAlign Advanced w/ Mary S.	6:30-7:30 PM Reformer Pilates Levels 1 & 2 w/ Jessie	6:30-7:30 PM CoreAlign Advanced w/ Mary S.	6:30-7:30 PM Reformer Pilates Lev 1 & 2 w/ Jessie		
7:00						
7:15						
7:30						
7:45						
8:00						
8:15						

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CLASS SCHEDULE DECEMBER 2018 STUDIO EXCEL

	MON	TUES	WED	THURS	FRI	SAT
6:45 AM						
7:00						
7:15						
7:30						
7:45						
8:00						
8:15	8:00-9:00 AM Box & Burn w/ Skye		8:00-9:00 AM Movement FUNdamentals w/ Skye	8:00-9:00 AM Fit Fusion 1 w/ Skye	8:00-9:00 AM Fit Fusion 2 w/ Jon	
8:30						
8:45						
9:00						
9:15	9:00-10:00 AM Fit Fusion 2 w/ Skye		9:00-10:00 AM Fit Fusion 2 w/ Skye	9:00-10:00 AM Movement FUNdamentals w/ Skye		
9:30						
9:45						
10:00	10:00-10:30 AM Recovery Tech/ Foam Roll w/ Skye		10:00-10:30 AM Recovery Tech/ Foam Roll w/ Skye			
10:15				10:00-11:00 AM Bodyweight Strength & Endurance w/ Skye		
10:30						
10:45						
11:00						
11:15						
11:30						
11:45			11:30 AM-12:30 PM Fit Fusion 2 w/ Skye		11:30 AM-12:30 PM Fit Fusion 2 w/ Jessie	
12:00 PM	11:45 AM-12:45 PM Fit Fusion 2 w/ Skye	12:00-1:00 PM Boxing/ Kickboxing w/ Jon		12:00-1:00 PM Boxing/ Kickboxing w/ Jon		
12:15						
12:30						
12:45			12:30-1:30 PM Bodyweight Strength & Endurance w/ Jessie			
1:00						
1:15	1:00 PM-2:00 PM Golf Fitness w/ Jon					
1:30						
1:45						
2:00						
2:15						
2:30						
2:45						
3:00						
3:15						
3:30						
3:45						

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CLASS SCHEDULE DECEMBER 2018 STUDIO EXCEL

	MON	TUES	WED	THURS	FRI	SAT
4:00 PM						
4:15				4:00-5:00 PM Movement FUNdamentals w/ Skye		
4:30						
4:45		4:30-5:30 PM Movement FUNdamentals w/ Skye	4:30-5:30 PM Move Fusion w/ Skye			
5:00						
5:15				5:15- 6:15 PM		
5:30				Move Fusion w/ Skye	5:30- 6:30 PM	
5:45		5:30-6:30 PM Fit Fusion 2 w/ Skye	5:30-6:30 PM Fit Fusion 1 & 2 w/ Skye		Boxing/ Kickbox- ing w/ Jon	
6:00						
6:15						
6:30		6:30-7:00 PM Recovery Tech/ Foam Roll w/ Skye	6:30-7:30 PM Movement FUNdamentals w/ Skye	6:30-7:30 PM Functional Strength for Runners w/ Kimber		
6:45	6:30-7:30 PM Functional Strength for Runners w/ Kimber					
7:00		7:00-8:00 PM Movement FUNdamentals w/ Skye				
7:15						
7:30						
7:45						

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