



CLASS SCHEDULE MAY 2019 STUDIO ELEVATE

	MON	TUES	WED	THURS	FRI	SAT
6:45 AM						
7:00						
7:15	7:00-8:00 AM Yoga w/ Bri	7:00-8:00 AM Broga w/ Mary S.	7:00-8:00 AM Yoga w/ Bri		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 COGA 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 CoreAlign Fundamentals 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 2 & 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 COGA 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 Intermediate Mat/CA Fusion w/ Tina	12:00-1:00 PM Mat Fusion Level 2 & 3 w/ Laura	12:30-1:30 PM Reformer Pilates Level 2 w/ Beth	12:00-1:00 PM Reformer Pilates Level 1 w/ Laura	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	1:00-2:00 PM Reformer Pilates Basics w/ Laura		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	2:00-3:00 PM Mat Fusion Level 2 & 3 w/ Laura	2:15-3:15 PM Pilates Modified for Rehab w/ Tina	
2:30						
2:45						
3:00						
3:15						
3:30		3:30-4:30 PM Yoga w/ Bri				
3:45						

Dates/times are subject to change.

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CLASS SCHEDULE MAY 2019 STUDIO ELEVATE

	MON	TUES	WED	THURS	FRI	SAT
4:00 PM						
4:15		3:30-4:30 PM Yoga w/ Bri				
4:30	4:15-5:15 PM CoreAlign Fundamentals w/ Mary S.			4:15-5:15 PM Kids Mat Fusion (ages 10-15) w/ Laura		
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 Reformer Pilates Level 2 w/ Laura	5:30-6:30 PM Mat Pilates Level 2 w/ Jessie		
6:00						
6:15						
6:30					6:00-7:00 PM Mat Fusion Level 1 w/ Laura	
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	7:30-8:30 PM Mat Fusion Level 1 w/ Laura					
8:00						
8:15						

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CLASS SCHEDULE MAY 2019 STUDIO EXCEL

	MON	TUES	WED	THURS	FRI	SAT
6:00 AM	6:00-6:45 AM Spin w/ Tiffany		6:00-6:45 AM Spin w/ Tiffany		6:00-6:45 AM Spin w/ Tiffany	
6:15						
6:30						
6:45						
7:00		7:00-7:45 AM Spin w/ Dez		7:00-7:45 AM Spin w/ Dez		
7:15						
7:30						
7:45						
8:00	8:00-9:00 AM Movement FUNdamentals w/ Bri	8:00-9:00 AM Modified Fit Fusion for Rehab w/ Bri	8:00-9:00 AM Movement FUNdamentals w/ Bri	8:00-9:00 AM Modified Fit Fusion for Rehab w/ Skye	8:00-9:00 AM Fit Fusion 2 w/ Jon	
8:15						
8:30						
8:45						8:30-9:15 AM Spin w/ Dez
9:00	9:00-10:00 AM Fit Fusion 2 w/ Bri	9:00-10:00 AM Fit Fusion 2 w/ Bri	9:00-10:00 AM Fit Fusion 2 w/ Jessie	9:00-10:00 AM Movement FUNdamentals w/ Skye		
9:15						
9:30						
9:45						
10:00	10:00-10:30 AM Recovery Tech/ Foam Roll w/ Bri	10:00-11:00 AM Movement FUNdamentals w/ Bri	10:00-10:30 AM Recovery Tech/ Foam Roll w/ Bri	10:00-11:00 AM Bodyweight Strength & Endurance w/ Skye		9:30-10:30 AM Fit Fusion 1 & 2 Trainer TBA
10:15						
10:30						
10:45						
11:00						10:30-11:30 AM Golf Fitness w/ Nick
11:15						
11:30						
11:45			11:30 AM-12:30 PM Fit Fusion 2 w/ Jessie		11:30 AM-12:30 PM Fit Fusion 2 w/ Jessie	
12:00 PM	11:45 AM-12:45 PM Fit Fusion 2 w/ Bri	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		12:30-1:15 PM Spin w/ Brenda	
1:00	1:00 PM-2:00 PM Golf Fitness w/ Jon					
1:15						
1:30						
1:45						
2:00						
2:15						
2:30						
2:45						

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CLASS SCHEDULE MAY 2019 STUDIO EXCEL

	MON	TUES	WED	THURS	FRI	SAT
3:00 PM						
3:15						
3:30						
3:45						
4:00						
4:15				4:00-5:00 PM Movement FUNDamentals w/ Skye		
4:30		4:30-5:30 PM Movement FUNDamentals w/ Bri	4:30-5:30 PM Move Fusion w/ Bri			
4:45						
5:00						
5:15						
5:30						
5:45	5:45-6:30 PM Spin w/ Jessie G.		5:30-6:30 PM Fit Fusion 1 & 2 w/ Bri	5:30-6:30 PM Boxing/ Kickboxing w/ Jon	5:45-6:30 PM Spin w/ Jessie G.	
6:00						
6:15						
6:30	6:30-7:30 PM Functional Strength for Runners w/ Shane	6:30-7:00 PM Recovery Tech/ Foam Roll w/ Bri	6:30-7:30 PM Movement FUNDamentals w/ Bri	6:30-7:30 PM Functional Strength for Runners w/ Shane		
6:45						
7:00		7:00-8:00 PM Movement FUNDamentals w/ Bri				
7:15						
7:30						
7:45						

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