Start time	Monday Aug 10 - 31	Tuesday Aug 4 - 25	Wednesday Aug 5 - 26	Thursday Aug 6 - 27	Friday Aug 7 - 28	Saturday Aug 8 - 29	Sunday Aug 9 - 30
9:00 AM	Flow Yoga	Springboard	Pilates Mat	The Triple	Pilates Mat	Pilates Barre	Barre Stretch
10:30 AM	Barre Stretch	Pilates Mat	Pilates Barre	Pilates to the Beat	Barre	Slow Flow Yoga	Springboard
4:00 PM	Springboard			Pilates Mat			
6:00 PM	Barre	Pilates Stretch	Springboard	Barre			
7:30 PM	Yin & Restore	Slow Flow Yoga	Pilates to the Beat	Gentle Slow Flow Yoga *	Yin Yoga *		

* these classes are 75 minutes

Start time	Monday Aug 10 - 31	Tuesday Aug 4 - 25	Wednesday Aug 5 - 26	Thursday Aug 6 - 27	Friday Aug 7 - 28	Saturday Aug 8 - 29	Sunday No Classes
8:30 AM	Reformer Jump 50/50	Reformer	Reformer	Reformer level 2			
10:00 AM	Reformer Stretch		Reformer Basics	Reformer Jump 50/50	Reformer	Refromer*	
12:00 PM		Reformer		Reformer Stretch			
5:30 PM				Refromer			
7:15 PM	Reformer	Reformer	Jumpboard				

* this class starts at 10:30am