



Small Group Training Schedule

Beginning the week of September 11th to the week of December 18th, 2017

	Monday		Tuesday		Wednesday		Thursday		Friday	Saturday
Morning			8am Urban Poling (6 weeks)							
	9am Mixed Levels Mat	9am Reformer Challenge	9am Ball Pilates	9am Functional Flexibility	9am Core Reformer		9am Mixed Levels Mat	9am Core Reformer		9am Mixed Levels Reformer
	10am Aging Actively Level 2	10am Reformer Boost			10am Reformer Progression		11:30am Aging Actively Reformer Level 2		10:30am Reformer Progression	10am Intro to Reformer (5 weeks)
								11:30am Reformer Boost		
Afternoon	12noon Back Care Level 2		2pm Aging Actively Reformer Level 2		1pm Reformer Boost				Private Training Available Upon Request	
	2pm Core Reformer		3pm Core Reformer							
			4:30pm Reformer Boost							
Evening	5:45pm Reformer Challenge		5:45pm TRX		5:45pm Equilibrium Pilates	5:45pm Reformer Boost	5:45pm Reformer Boost			
			6:45pm Essentrics							
					7pm Reformer Challenge					

Classes in **Red** are Mat based training. Private training is highly recommended prior to enrolling.

Classes in **Blue** are Reformer based training. Due to the specific nature of the equipment, private training is mandatory before enrolling for a session.