

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
<p>10-11 AM SPIN FIT Perfect for Beginner SPINNER</p> <hr/> <p>3:15-4:15 PM PD & Starters Balance Perfect for beginners</p> <hr/> <p>4:30-5:30 pm Group Reformer Training 3 person max single client 30 min</p> <hr/> <p>Boot Camp 5:50-7 pm</p>	<p>9:00-10:10 AM Pilates Total Body Classical Method Mat & Standing</p> <hr/> <p>3:15-4:15 PM Restorative Stretch/ Pilates Basic Mat one 1/21/20</p> <hr/> <p>4:30-5:30 pm Restorative Stretch/ Pilates Basic Mat one</p>	<p>8:30 -9:30 AM SPIN FIT</p> <hr/> <p>9:45-10:45 am Fit Moves seated / standing no mat work MVe Chair</p> <hr/> <p>3:15-4:15 PM Therapeutic stretch /Balance starts 1/22/20</p> <hr/> <p>4:30-5:30 pm MVe Chair Pilates 2 starts 1/22/20</p> <hr/> <p>Boot Camp 5:50-7 pm</p>	<p>7:25-8:25 AM Group Reformer Training 3 person max Single client 30 min.</p> <hr/> <p>8:45-9:45 AM Restorative Stretch & Pilates Basic Mat</p> <hr/> <p>10-11 AM SPIN FIT Perfect for Beginner SPINNER</p>	<p>7:45-8:45 AM TRX All fitness levels</p> <hr/> <p>9-10 AM BARRE Fussion</p> <hr/> <p>10:15-11:15 AM Small Group Training 6 person max</p>	<p>Reserved for private parties of 6-12</p>	<p>8:15-9:15 am TRX All fitness levels</p> <hr/> <p>9:30-10:30 AM SPINNING</p>
<p>Class & Training reservations available Online</p> <p>Balanced 4 Fitness follows the Nauset school bad weather closings</p> <p>Precision Boot Camp Monday & Wednesday</p> <p>Nauset Ed Winter session starts January 20,2020</p>						

