



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
<hr/> <p>9:00-10:00AM SPIN FIT</p> <hr/>	<p>9:00-10:10 AM Pilates Total Body Classical Method Mat & Standing</p> <hr/> <p>11:40-12:40 AM Group Reformer New client \$35 Appointment</p> <hr/>	<hr/> <p>10:45-11:45 AM Core n More MVe Chair no mat work</p> <hr/>	<hr/>	<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 Appointment</p>	<p>8:30-9:30 AM SPIN FIT</p> <hr/> <p>10:00-11:00 AM Core n More MVe Chair no mat work</p>	<p>8:10-9:10 am TRX All fitness levels</p> <hr/> <p>9:30-10:30 AM SPINNING</p>
<p>4:30-5:30 PM Group Reformer Appointment</p> <hr/> <p>Total Body Fusion 5:45-6:45 pm</p>		<p>4:30-5:30 PM Restorative Stretch/ Pilates Basic Mat one</p> <hr/> <p>Total Body Fusion 5:45-6:45 pm</p>	 	<p>Offering Classes 5-8 persons Private and semi Private Training Small Group Training - No mat /floor work- 5 person max Group Reformer 3 person max Live and Streaming Classes</p> <p>New client special Buy a class, get one Free \$30 Group Reformer intro session \$35 Buy a Training get one at half price \$165</p>		