

Time	Monday Studio	Monday Pool	Tuesday Studio	Tuesday Pool	Wednesday Studio	Wednesday Pool	Thursday Studio	Thursday Pool	Friday Studio	Friday Pool
9:00							Pilates Reformer Kristin, PT			Pool Pilates Megan R, PT
9:30										
10:00						Aquatic Fitness Barbara, PT				
10:30							Zumba Claudia,PT			
11:00		Aquatic Fitness Jenny, PT						Aquatic Fitness Barbara,PT		Aqua Zumba Claudia,PT
11:30				Aquatic Fitness Corinne,PT						
12:00			Pilates Reformer Megan R, PT						Pilates Reformer Megan R, PT	
12:30					Fundamentals of Movement Megan R, PT					
1:00										
1:30										
2:00										
2:30										
3:00										
3:30										
4:00										
4:30			Pilates Reformer Kristin, PT							
5:00										
5:30										
6:00							Yoga Jenny, DPT			
6:30										
7:00										
7:30										
8:00										
									Fees Drop in mat, Yoga and pool: \$19 / \$12 on Zoom Drop in reformer: \$28 Personal Training \$95 / 60 minutes \$48 / 30mins	