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|-------------------|---------------------------------|-----------------------------|---------------------------------|-------------------------------|--------------------------|-----------------------------|--------------------|
| Barre Loft | 9am Barre - Claudia | | 9am Barre - Claudia | 9:30am Pilates Mat - Jeremy | 8am Barre - Sarah S | 8am Barre - Sarah S | |
| | | 5:30 pm Pilates Mat - Jessi | | 10:30 am Flexibility - Jeremy | 9 am EXP Barre - Sarah S | 9am Pilates Mat - Alli | |
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| Reformer | MON | TUES | WED | THURS | FRI | SAT | SUN |
| 6:00 | Reformer AC - Danielle | Reformer+ - Claudia | Reformer AC - Claudia | Reformer + - Claudia | | | |
| 6:30 | | | | | | | |
| 7:00 | | Reformer AC - Claudia | | Reformer + Danielle | Reformer AC - Danielle | Reformer+ - Sarah S | |
| 7:30 | | | | | | | |
| 8:00 | Reformer AC - Danielle | | Reformer+ - Danielle | | Reformer+ - Alli | Reformer+ - Jeremy | Reformer+ - Alli |
| 8:30 | | Reformer+ - Jamie | | Reformer+ - Claudia | | | |
| 9:00 | Reformer+ - Heather | | Reformer+ - Heather | Reformer AC - Jamie | Reformer+ - Danielle | ADV Reformer - Staff | Reformer AC - Alli |
| 9:30 | | Reformer+ - Heather | | | | | |
| 10:00 | Reformer+ - Danielle | | Reformer AC - Danielle | Reformer Pure - Susan | | Reformer Pure - Alli | Reformer+ - Angela |
| 10:30 | | Reformer Pure - Susan | EXP Reformer Stretch - Danielle | | | | |
| 11:00 | EXP Reformer Stretch - Danielle | | | | | Reformer Orientation- Sarah | |
| 11:30 | | | | | | | |
| 12:00 | Reformer Pure - Jeremy | Jumpboard+ - Jamie | Reformer+ - Susan | Jumpboard+ - Claudia | Reformer+ - Debbi | | |
| 12:30 | | | | | | | |
| | | | | | | | |
| 5:00 | | | Reformer AC - Danielle | | Pilates Circuit - Jeremy | | |
| 5:30 | | Jumpboard - Danielle | | Reformer AC - Jessi | | | |
| 6:00 | ADV Reformer - Danielle | | Reformer+ - Debbi | Reformer+ - Jessi | Reformer+ - Jeremy | | |
| 6:30 | | Reformer Pure - Angela | | | | | |
| 7:00 | Reformer+ - Jeremy | | ADV Reformer - Danielle | | | | |
| 7:30 | | Reformer+ - Sarah S | | | | | |
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