

Spring 2023

CLASS SCHEDULE

Mar/Apr 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7am		7 to 8am Reformer 2 Chris		7 to 8am Reformer 2 Chris	7 to 8am Reformer 2 Chris	
8am		8 to 9am Reformer 1/2 Chris		8 to 9am Reformer 1/2 Chris	8 to 9am Combo Foundations Chris	
9am	9 to 10am Combo Foundations Chantelle		9 to 10am Combo 1 Chantelle		9 to 10am Combo 1 Lisa	9:30 to 10:30am Combo 2 Lisa
10am	10 to 11am Seniors Combo Chantelle	10 to 11am Combo 1 Chris	10 to 11am Reformer 1 Chantelle	10 to 11am Combo 1/2 Chris		10:30 to 11:30am Combo 1/2 Lisa
11am	11 to 12pm Reformer 1 Chantelle	11 to 12pm Reformer Sculpt 2 Chantelle	11 to 12pm Reformer 2 Chantelle	11 to 12pm Reformer Stretch 1/2 Chantelle	11 to 12pm Reformer 2 Chris	
12pm	12 to 1pm Reformer 1/2 Chris	NEW! 12 to 1pm Seniors Circuit Chris	12 to 1pm Seniors Combo Chris	12 to 1pm Seniors Combo Chris	NEW! 12 to 1pm Reformer 1/2 Chris	11:45am to 12:45am Combo 1 Lisa
1pm	1 to 2pm Reformer 1/2 Chris				1 to 2pm Reformer 2 Chris	
2pm	2 to 3pm Seniors Combo Chris	2 to 3pm Reformer 1/2 Chris		2 to 3pm Reformer 1 Chris	2 to 3pm Reformer Stretch 1/2 Chantelle	
3pm	NEW! 3 to 4pm Reformer Stretch 1 Chantelle			3 to 4pm Seniors Combo Chantelle		
4pm	4 to 5pm Reformer Sculpt 1 Chantelle	4 to 5pm Combo 1 Chantelle	4 to 5pm Combo 1 Kelsey	4 to 5pm Combo 1 Chantelle		<u>Legend:</u>
5pm	NEW! 5 to 6pm Reformer 2 Chantelle	5 to 6pm Combo 2 Lisa	5 to 6pm Combo 1/2 Chris	5 to 6pm Reformer 2/3 Chantelle		Foundations
6pm	6 to 7pm Combo Foundations Chris	6 to 7pm Combo 1/2 Lisa	6 to 7pm Reformer 2/3 Chris	6 to 7pm Combo 1 Kelsey		Levels
7pm	7 to 8pm Combo 2/3 Chris		7 to 8pm Reformer 3 Chris	7 to 8pm Combo 1 Kelsey		Specialty

For Private Session availability, please contact the studio at (250) 598-9828 ext 2