

Fall 2023

CLASS SCHEDULE

September/October 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 1 Chris	
9am	9 to 10am Combo Foundations Chantelle		9 to 10am Combo 1 Chantelle	NEW! 9 to 10am Cardio Sculpt 2 Chantelle	9 to 10am ?? Combo ½	
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 to 11am Combo Sculpt 1/2 Chantelle	10 to 11am Combo 2 Kelsey
11am	NEW! 11 to 12pm Reformer 1/2 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	11 to 12pm Combo ½ Kelsey
12pm	12 to 1pm Reformer 1/2 Chris	12 to 1pm Seniors Combo Chris	12 to 1pm Combo 1 Chris	12 to 1pm Seniors Combo Chris	12 to 1pm Reformer 1/2 Chris	12 to 1pm Combo 1 Kelsey
1pm	1 to 2pm Reformer 1/2 Chris				NEW! 1 to 2pm Reformer 1/2 Stretch Chantelle	
2pm	2 to 3pm Combo 1 Chris	2 to 3pm Reformer 1/2 Chris		2 to 3pm Reformer 1 Chris		
3pm	3 to 4pm Reformer 1 Chantelle			3 to 4pm Seniors Combo Chantelle		
4pm	4 to 5pm Reformer Sculpt 1/2 Chantelle		4 to 5pm Combo 1 Kelsey	4 to 5pm Combo 1/2 Chantelle		<u>Legend:</u>
5pm	5 to 6pm Reformer 2 Chantelle		5 to 6pm Combo 2 Chris	5 to 6pm Reformer Sculpt 2 Chantelle		Foundations
6pm	6 to 7pm Combo Foundations Chris		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