

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30AM	8:30am ALL LEVELS BarBurn and Sculpt Brenda		8:30am BEG/INT Tone and Sculpt Nicky				8:30am ALL LEVELS Tone and Sculpt Talin
9:30AM	9:30am ALL LEVELS Tone and Sculpt Brenda		9:30am ALL LEVELS Tone and Sculpt Nicky		9:30am BEG/INT Tone and Sculpt Megan		9:30am BEG/INT BarBurn and Sculpt Talin
10:30am	10:30am Int-Adv Tabata 20:10 Brenda	10:30am ALL LEVELS Tone and Sculpt Talin		10:30am All Levels Tone and Sculpt Talin	10:30am BEG/INT Tone and Sculpt Megan	10:30am ALL LEVELS Tone and Sculpt Talin	10:30am ALL LEVELS Tone and Sculpt Talin
11:30AM		11:30am All Levels Tone and Sculpt Talin		11:30am Int-Adv Tabata 20:10 Talin		11:30am All Levels Tone and Sculpt Talin	
5:00pm			5:00pm BEG/INT Tone and Sculpt Nicky		5:00pm BEG/INT Tone and Sculpt Brenda		
6:00pm			6:00pm ALL LEVELS Tone and Sculpt Nicky		6:00pm ALL LEVELS Tone and Sculpt Talin		
6:30pm		6:30pm BEG/INT Tone and Sculpt Megan		6:30pm BEG/INT Tone and Sculpt Talin			

Tabata Class = 20 seconds of work 10 seconds of rest, cardio, **Tone and Sculpt** = Challenges Abs, Balance and Alignment on the Pilates Reformer sometimes using Jump Board **BarBurn and Sculpt** = Pilates Reformer and Barre Work, Always a Different class!