



# Class Schedule Late Fall

Oct 28 to Dec 20, 2024

Day	Start	End	Class
Monday	12:00pm	12:50pm	STRENGTH CIRCUIT
	2:00pm	3:00pm	WEIGHT ROOM CIRCUIT
	5:30pm	6:30pm	WEIGHT ROOM CIRCUIT
	6:45pm	8:00pm	YOGA with Stephanie (Oct 28 – Dec 9)
Tuesday	9:15am	10:30am	YOGA with Stephanie (Oct 29 – Dec 10)
	10:45am	11:45am	PILATES ESSENTIALS (Oct 15 - Nov 19)
	4:00pm	4:55pm	PILATES INTERMEDIATE (online and in-person)
	5:30pm	6:25pm	PILATES INTERMEDIATE
	6:45pm	8:00pm	YOGA with Stephanie (Oct 29 – Dec 10)
Wednesday	9:00am	10:00am	CARDIO STRENGTH CIRCUIT
	10:30am	11:15am	SPIN – Interval Ride
	12:00pm	12:50pm	STRENGTH CIRCUIT
	5:15pm	6:15pm	CREATIVE DANCE FOR KIDS (Nov 6 to Dec 11)
	6:30pm	7:45pm	CONTEMPORARY DANCE (Nov 6 to Dec 11)
Thursday	9:15am	10:10am	PILATES INTERMEDIATE
	10:30am	11:25am	PILATES INTERMEDIATE
	5:30pm	6:30pm	CARDIO STRENGTH CIRCUIT
	6:45pm	8:00pm	SLOW FLOW YOGA with Alana (pending)
Friday	9:00am	10:00am	CARDIO STRENGTH CIRCUIT
	10:30am	11:30am	WEIGHT ROOM CIRCUIT
	12:00pm	12:50pm	STRENGTH CIRCUIT

**CLASSES WITHOUT DATES ARE ONGOING**

We also have Facility Memberships, Private Reformer Training and Personal Training.

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