

MAY 2023

DROP IN FITNESS & PILATES APPARATUS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	9:15 BENCH & BELLS 9:15 PILATES MAT 10:30 Flow 10:30 PILATES APPARATUS 4:15 LEARN TO LIFT 5:15 Strength for LIFE 6:00 Bike HIT 6:30 PILATES APPARATUS 7:15 YOGA - PeacefulFlow	6:00 Pure PSYCLE 9:15 SOCIAL-CISE - Biker Barre 9:15 PILATES APPARATUS 10:30 #STRONG 10:30 PILATES APPARATUS 4:15 Flow 5:15 BARRE SCULPT 5:15 PILATES APPARATUS	9:15 EXPRESS PSYCLE 9:15 PILATES MAT 9:15 Ride + Core Flow 10:30 YOGA - PeacefulFlow 4:15 STRENGTH TRAINING FUNDAMENTALS 5:15 #STRONG 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:10 TRX Strength Training	6:00 Pure PSYCLE 9:15 EXPRESS PSYCLE 9:15 PILATES APPARATUS 9:15 Ripped Ride 10:30 BUTTS n GUTS 4:15 Metabolic Burn 5:15 PILATES APPARATUS 5:15 SOCIAL-CISE - Biker Barre	6:00 BARRESCULPT 9:15 Strength for LIFE 9:15 INTRO to REFORMER 10:00 50+ FIT Club 10:30 YogaBarre 5:15 YOGA - Afterglow Friday Flow	8:45 Pure PSYCLE 9:00 Piloxing 10:00 #STRONG 10:15 PILATES APPARATUS Childminding 8:15 - 11:15
7	8	9	10	11	12	13
8:30 Raise the BARRE 9:30 EXPRESS PSYCLE 9:30 Ripped Ride & Roll 9:30 PrenatalPilates No Childminding Sundays	9:15 Raise the BARRE 9:15 PILATES MAT 10:30 Flow 10:30 PILATES APPARATUS 4:15 LEARN TO LIFT 5:15 Piloxing 6:00 Ripped Ride 6:30 PILATES APPARATUS 7:15 YOGA - PeacefulFlow	6:00 Pure PSYCLE 9:15 SOCIAL-CISE - Bike & Box 9:15 PILATES APPARATUS 10:30 #STRONG 10:30 PILATES APPARATUS 4:15 Flow 5:15 BARRE SCULPT 5:15 PILATES APPARATUS	9:15 EXPRESS PSYCLE 9:15 PILATES MAT 9:15 Ride + Core Flow 10:30 YOGA - PeacefulFlow 4:15 STRENGTH TRAINING FUNDAMENTALS 5:15 BENCH & BELLS 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:10 Booty Builder by Piloxing	6:00 Pure PSYCLE 9:15 EXPRESS PSYCLE 9:15 PILATES APPARATUS 9:15 Ripped Ride 10:30 BUTTS n GUTS 4:15 Metabolic Burn 5:15 PILATES APPARATUS 5:15 SOCIAL-CISE - Bike & Box	6:00 BARRESCULPT 9:15 Strength for LIFE 9:15 INTRO to REFORMER 10:00 50+ FIT Club 10:30 YogaBarre 5:15 YOGA - Afterglow Friday Flow	8:45 Pure PSYCLE 9:00 Piloxing 10:00 #STRONG 10:15 PILATES APPARATUS Childminding 8:15 - 11:15
14	15	16	17	18	19	20
8:30 Raise the BARRE 9:30 EXPRESS PSYCLE 9:30 Ripped Ride & Roll 9:30 PrenatalPilates No Childminding Sundays	9:15 BENCH & BELLS 9:15 PILATES MAT 10:30 Flow 10:30 PILATES APPARATUS 4:15 LEARN TO LIFT 5:15 Strength for LIFE 6:00 Bike HIT 6:30 PILATES APPARATUS 7:15 YOGA - PeacefulFlow	6:00 Pure PSYCLE 9:15 SOCIAL-CISE - Ripped Ride 9:15 PILATES APPARATUS 10:30 #STRONG 10:30 PILATES APPARATUS 4:15 Flow 5:15 BARRE SCULPT 5:15 PILATES APPARATUS	9:15 EXPRESS PSYCLE 9:15 PILATES MAT 9:15 Ride + Core Flow 10:30 YOGA - PeacefulFlow 4:15 STRENGTH TRAINING FUNDAMENTALS 5:15 #STRONG 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:10 TRX Strength Training	6:00 Pure PSYCLE 9:15 EXPRESS PSYCLE 9:15 PILATES APPARATUS 9:15 Ripped Ride 10:30 BUTTS n GUTS 4:15 Metabolic Burn 5:15 PILATES APPARATUS 5:15 SOCIAL-CISE - Ripped Ride	6:00 BARRESCULPT 9:15 Strength for LIFE 9:15 INTRO to REFORMER 10:00 50+ FIT Club 10:30 YogaBarre 5:15 YOGA - Afterglow Friday Flow	8:45 Pure PSYCLE 9:00 Piloxing 10:00 #STRONG 10:15 PILATES APPARATUS Childminding 8:15 - 11:15
21	22	23	24	25	26	27
8:30 Raise the BARRE 9:30 EXPRESS PSYCLE 9:30 Ripped Ride & Roll No Childminding Sundays	STUDIO CLOSED	6:00 Pure PSYCLE 9:15 SOCIAL-CISE - Piloxing Mix 9:15 PILATES APPARATUS 10:30 #STRONG 10:30 PILATES APPARATUS 4:15 Flow 5:15 BARRE SCULPT 5:15 PILATES APPARATUS	9:15 EXPRESS PSYCLE 9:15 PILATES MAT 9:15 Ride + Core Flow 10:30 YOGA - PeacefulFlow 4:15 STRENGTH TRAINING FUNDAMENTALS 5:15 BENCH & BELLS 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:10 Booty Builder by Piloxing	6:00 Pure PSYCLE 9:15 EXPRESS PSYCLE 9:15 PILATES APPARATUS 9:15 Ripped Ride 10:30 BUTTS n GUTS 4:15 Metabolic Burn 5:15 PILATES APPARATUS 5:15 SOCIAL-CISE - Piloxing Mix	6:00 BARRESCULPT 9:15 Strength for LIFE 9:15 INTRO to REFORMER 10:00 50+ FIT Club 10:30 YogaBarre 5:15 YOGA - Afterglow Friday Flow	8:45 Pure PSYCLE 9:00 Piloxing 10:00 #STRONG 10:15 PILATES APPARATUS Childminding 8:15 - 11:15
28	29	30	31	CHILD MINDING HOURS Monday - Friday mornings 9:00am - 12:00pm Saturday morning 8:15am - 11:15am Monday & Wednesday evenings 5:00pm - 8:00pm Tuesday & Thursday evenings 4:00pm - 8:00pm		
8:30 Raise the BARRE 9:30 EXPRESS PSYCLE 9:30 Ripped Ride & Roll 9:30 PrenatalPilates No Childminding Sundays	9:15 Raise the BARRE 9:15 PILATES MAT 10:30 Flow 10:30 PILATES APPARATUS 4:15 LEARN TO LIFT 5:15 Piloxing 6:00 EXPRESS PSYCLE 6:00 Ripped Ride 6:30 PILATES APPARATUS 7:15 YOGA - PeacefulFlow	6:00 Pure PSYCLE 9:15 SOCIAL-CISE - Biker Barre 9:15 PILATES APPARATUS 10:30 #STRONG 10:30 PILATES APPARATUS 4:15 Flow 5:15 BARRE SCULPT 5:15 PILATES APPARATUS	9:15 EXPRESS PSYCLE 9:15 PILATES MAT 9:15 Ride + Core Flow 10:30 YOGA - PeacefulFlow 5:15 #STRONG 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:10 TRX Strength Training	Legend: [Black Box] DROP IN PILATES MAT & FITNESS CLASSES [Blue Box] PILATES APPARATUS CLASSES (NOT included with fitness class passes) [Light Blue Box] REGISTERED SESSION		

