

Spring 2023

**CLASS SCHEDULE**

Mar/Apr 2023

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

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