

sunday	monday	tuesday	wednesday	thursday	friday	saturday
What's New... Intro to Mat and Reformer 4 class series \$80 pre-registration required - class size limited				1 Reformer Trios 1:00 - 2:00p - Level 1 5:45 - 6:45p - Level 1	2	3 Reformer Trio - 1 & 2 8:30 - 9:30a
4	5 Reformer Trio - Level 3 9:30 - 10:30a	6 Reformer Trios 7:00 - 8:00a - Level 2 8:30 - 9:30a - Level 1 Mat Plus - 5:45-6:45 -1/2	7 Mat Plus - Level 2 7:00 - 8:00a Intro to Mat and Reformer Series 8:30 - 9:30a	8 Reformer Trios 1:00 - 2:00p - Level 1 5:45 - 6:45p - Level 1	9	10 Reformer Trio - 1 & 2 8:30 - 9:30a Nia Dance 9:45 - 10:45a
11	12 Reformer Trio - Level 3 9:30 - 10:30a	13 Reformer Trios 7:00 - 8:00a - Level 2 8:30 - 9:30a - Level 1 Mat Plus - 5:45-6:45 -1/2	14 Mat Plus - Level 2 7:00 - 8:00a Intro to Mat and Reformer Series 8:30 - 9:30a	15 Reformer Trios 1:00 - 2:00p - Level 1 5:45 - 6:45p - Level 1	16	17 Reformer Trio - 1 & 2 8:30 - 9:30a
18	19 Reformer Trio - Level 3 9:30 - 10:30 am	20 Reformer Trios 7:00 - 8:00a - Level 2 8:30 - 9:30a - Level 1 Mat Plus - 5:45-6:45 -1/2	21 Mat Plus - Level 2 7:00 - 8:00a Intro to Mat and Reformer Series 8:30 - 9:30a	22 Reformer Trios 1:00 - 2:00p - Level 1 5:45 - 6:45p - Level 1	23	24 Reformer Trio - 1 & 2 8:30 - 9:30a Nia Dance 9:45 - 10:45a
25	26 Reformer Trio - Level 3 9:30 - 10:30a	27 Reformer Trios 7:00 - 8:00a - Level 2 8:30 - 9:30a - Level 1 Mat Plus - 5:45-6:45 -1/2	28 Mat Plus - Level 2 7:00 - 8:00a Intro to Mat and Reformer Series 8:30 - 9:30a	29 Reformer Trios 1:00 - 2:00p - Level 1 5:45 - 6:45p - Level 1	30	31 Reformer Trio - 1 & 2 8:30 - 9:30a Nia Dance 9:45 - 10:45a