



# INTELLIGENT MOVEMENT CLASS SCHEDULE

UPDATED 10/1/18

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45am				Reformer Tower I/II Brianne		
7:30/7:45 8:00am	7:45 am Restorative Reformer Tower I/II Tessa			7:45 am MS Specific Brianne	8:00 am Restorative CoreAlign Tessa	7:30 am Reformer Tower II/III Brianne
9:00 am	Reformer Tower I/II Brianne	Functional Fitness/Oov I Emily		Oov & CoreAlign Combo II Tessa	Reformer Tower II/III Beth	Oov/Mat Technique Emily
10:00 am		Rest Ref/ Tower I Jennifer	Oov/ Mat I Brianne	GYROKINESIS® Dannielle	9:30-11 am 90 minute Functional Fitness/Oov Emily	Oov/ Mat I/II Brianne
11:00 am	Core Align I Tessa	Core Align I/II Tessa			Restorative Reformer Tower I Dannielle	
12:15 pm		Reformer Tower II Dannielle	Restorative Functional Fitness Jennifer	Reformer Tower I/II Brianne		
1:00pm	Restorative Reformer Tower I/II Shawnee				Restorative Reformer I/II Shawnee	
						<b>Sunday</b>
4:00 pm	Reformer Tower I/II Dannielle	Restorative Reformer Tower II/III Shawnee	Reformer Tower I/II Dannielle	Restorative Reformer Tower III* Amy	Reformer Tower I/II Dannielle	
5:15 pm Mat/Oov Mat	Restorative Oov Mat II Amy		Mat III* Leslie	Ski Specific Functional Fitness Emily	Oov Mat I Emily	
5:15 pm Reformer/ Tower/ CoreAlign	Reformer Tower III* Shawnee	CoreAlign I/II Jennifer		CoreAlign III Tessa	Reformer Tower II/III Dannielle	Reformer Tower II Jennifer
6:20 pm Reformer/ Tower/ CoreAlign		Pilates Circuit II Shawnee  (Reformer II resumes Dec 18th)	Reformer Tower I Jennifer	CoreAlign I/II Brianne		
7:30pm Reformer				TANGO Nicholas & Emily	Reformer Tower I Sheralee	*level III classes are open to those who are currently training with us 2+ times/wk