



INTELLIGENT MOVEMENT CLASS SCHEDULE

UPDATED 4/1/19

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	8:30am Reformer Tower II Leslie
9:00 am	Reformer Tower I/II Brianne	Functional Training/Oov I Emily		Oov & CoreAlign Combo II Tessa	Reformer Tower II/III Beth	Oov/Mat Technique Emily	9:45am MS Specific Leslie
10:00 am		Rest Ref/ Tower I Jennifer	Oov/ Mat I Brianne	9:30-11 am 90 minute Functional Training/Oov Emily	Oov/ Mat I/II Brianne (ends 4/11)		Functional Training/Oov Emily
11:00 am	Core Align I Tessa	Core Align I/II Tessa				Restorative Reformer Tower I Jennifer	
12:15 pm	Oov/Restorative Functional Training Jennifer	Reformer Tower II Emily	Oov/Restorative Functional Training Jennifer	Reformer Tower I/II Brianne			
1:00pm	Restorative Reformer Tower I/II Shawnee				Restorative Reformer I/II Jennifer		
							Sunday
4:00 pm	Reformer Tower I/II Amy	Restorative Reformer Tower II/III Shawnee	Reformer Tower I/II Tessa	Restorative Reformer Tower III* Amy	Reformer/ Tower I/II Jenn		
5:15 pm Mat/Oov Mat	Oov/Mat II Amy		Mat II/III Leslie		Oov/Mat I Emily		
5:15 pm Reformer/ Tower/ CoreAlign	Ref/ Tower II/III Shawnee	Oov/ CoreAlign Combo I/II Jennifer	CoreAlign III* Tessa	Reformer /Tower II Emily	Reformer Tower II/III Amy	Reformer Tower II Jennifer	*Level III classes are "invite only." You MUST have permission from
6:20 pm		Reformer Tower II Shawnee	Mat I Sarah	Reformer Tower I Jennifer	CoreAlign II Brianne	Mat I D.J.	the instructor before enrolling in any level III class.
7:30pm Reformer				TANGO Nicholas & Emily	Reformer Tower I DJ/Sheralee		Level III classes are for those currently training 2+times/wk in the clinic

For your safety, we recommend our Intro to Pilates series or individual solos prior to attending our regular classes. Please talk to the front desk for details!