



INTELLIGENT MOVEMENT CLASS SCHEDULE

UPDATED 1/1/20

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45am		Reformer/Tower I Toni		Functional Training/Oov Technique Toni		
7:30/7:45 & 8:00 am	7:45 am Restorative Reformer Tower I/II Tessa			8:00 am Restorative CoreAlign Tessa	7:30 am Reformer Tower II/III Brienne	8:30am Reformer Tower II Leslie
9:00 am	Reformer Tower I/II Brienne	Functional Training/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	Better Balance Jennifer	9:30-11 am 90 minute Functional Training/Oov II/III Emily	MS Specific Brienne	9:45am MS Specific Leslie
11:00 am	Core Align I Tessa	Core Align I/II Tessa			Restorative Reformer Tower I Jennifer	
12:15 pm	Restorative Functional Training/Oov Jennifer	Reformer Tower II Emily	Restorative Functional Training/Oov Jennifer	Reformer Tower I/II Brienne	Functional Training/Oov Technique Eric	
1:00pm	Restorative Reformer Tower I/II Toni/Shawnee		Restorative Reformer/Tower I Toni		Restorative Reformer I/II Jennifer	
4:00 pm	Reformer Tower I/II Amy	Restorative Reformer Tower II/III Toni	Reformer Tower I/II Tessa	Restorative Reformer Tower III* Amy	Reformer/Tower I/II Jenn	
5:15 pm Mat/Oov Functional Training CoreAlign	Oov/Mat II Amy	Oov/ CoreAlign Combo I/II Jennifer	Mat II/III Leslie	CoreAlign II Brienne	Men's Specific Functional Training Oov/Mat Eric	
5:15 pm Reformer/Tower	Reformer/Tower II/III Eric	Men's Specific Reformer/Tower Eric	Reformer/Tower II Emily	Reformer Tower II/III Amy		*Level III classes are "invite only." You MUST have permission from
6:20 pm		Reformer II Shawnee	Mat I Sarah	Rest Ref/Tower I Eric	Teen CoreAlign Functional Training Emily	Mat I D.J.
7:30pm Reformer				7:00pm 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!