

# FIRM BODY PILATES



# CLASS SCHEDULE

MON	TUE	WED	THU	FRI	SAT
<b>6:30AM</b> FIRM ROLL OUT JAIME	<b>6:00AM</b> TOWER POWER MARIA	<b>6:30AM</b> BASIC CIRCUIT MIX JODI	<b>6:00AM</b> CARDIO PILATES KIMBERLY	<b>6:30AM</b> INTERMEDIATE/ ADVANCED POWER KIMBERLY	
	<b>7:00AM</b> CARDIO PILATES MARIA		<b>7:00AM</b> BASIC CIRCUIT MIX KIMBERLY		<b>8:30AM</b> INTERMEDIATE CIRCUIT MIX JODI
<b>9:30AM</b> BASIC CIRCUIT MIX CAROLINE	<b>9:30AM</b> INTERMEDIATE CIRCUIT MIX MARIA	<b>9:30AM</b> BASIC CIRCUIT MIX CAROLINE	<b>9:30AM</b> INTERMEDIATE CIRCUIT MIX CAROLINE	<b>9:30AM</b> INTERMEDIATE POWER MIX KIMBERLY	<b>9:30AM</b> BASIC CIRCUIT MIX MARIA
<b>10:30AM</b> INTERMEDIATE CIRCUIT MIX CAROLINE		<b>10:30AM</b> INTERMEDIATE CIRCUIT MIX CAROLINE		<b>10:30AM</b> BASIC CIRCUIT MIX KIMBERLY	
	<b>12:00PM</b> BASIC CIRCUIT MIX MARIA	<b>11:30AM</b> BASIC CIRCUIT MIX KIMBERLY	<b>12:00PM</b> INTERMEDIATE/ ADVANCED POWER JODI	<b>11:30AM</b> TOWER POWER KIMBERLY	<b>11:30AM</b> 12 POWER CIRCUIT MIX MARIA & JODI
<b>4:30PM</b> TOWER POWER JODI	<b>4:30PM</b> FIRM BARRE FUSION CAROLINE	<b>4:30PM</b> CARDIO PILATES MARIA	<b>4:30PM</b> FIRM BARRE FUSION MARIA		<b>12:30PM</b> TEEN FIRM BARRE FUSION MARIA
<b>5:30PM</b> INTERMEDIATE POWER MIX JODI	<b>5:30PM</b> BASIC CIRCUIT MIX CAROLINE	<b>5:30PM</b> TOWER POWER MARIA	<b>5:30PM</b> INTERMEDIATE CIRCUIT MIX MARIA		<b>SUN</b> COMING SOON