



## CLASS SCHEDULE

Monday	6:15 PM	Pilates Mat Class	Studio
Tuesday	6:00 AM	Boot Camp	River Glen Park*
Wednesday	6:15 PM	HIIT Class	Studio
Thursday	6:00 AM	Boot Camp	River Glen Park*
Friday	9:00 AM	Yogalates	Studio

\*Please always check ahead this location changes

\*\*We are open to adding new classes and will be doing so as our practice expands

We are looking forward to hearing from you!