

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MAX'D 8:30 AM RR Rafael	MX4 8:00 AM RR Rafael	MAX'D 9:00 AM RR Rafael	STRIKE 6:00 AM RR Rafael	STRIKE 9:30 AM RR Ruthie	STRIKE 9:00 AM RR Adam	
STRIKE 9:30 AM RR Ruthie	STRIKE 9:00 AM RR Natalie	Pilates Reformer 101 9:30 AM RR Erin	MX4 8:00 AM RR Rafael		Kids' Fit 11:00 AM Rafael	
Pilates Reformer 9:30 AM RR Erin	Pilates Reformer 101 11:15 AM RR Faye	MX4 10:00 AM Katie	STRIKE 9:00 AM RR Natalie			
MX4 10:00 AM RR David	STRIKE 6:00 PM RR Adam	Pilates Reformer 101 4:30 PM RR Sara	Tai Chi 11:00 AM Sifu Joe			
Pilates Reformer 10:30 AM RR Ruthie	MX4 6:00 PM RR Justin	Pilates Reformer 101 5:30 PM RR Sara	STRIKE 5:30 PM RR Adam			
STRIKE 6:00 PM RR Natalie		STRIKE 5:30 PM RR Natalie	MX4 6:00 PM RR Mike K			
Tai Chi 7:30 PM Sifu Joe						

Reservation Required **RR**

STRIKE & MX4 - 12 People Max


Fundamentals Classes

Monday	Wednesday
6:00 PM	6:00 PM

Club Hours
Open 24 Hours

Kids' Club Hours
Monday-Friday
8:30 AM - 1 PM & 4 PM-8 PM
Saturday
8:30 AM - 1 PM

Note: Class and instructors are subject to change without prior notice. **Reservations open at 4 AM. As a courtesy to other members, please arrive to class on time.**

 Cellphones are not permitted in class. Thank You