

WOMENS FITNESS SCHEDULE MARCH 10,2025. **** SPRINGBOARD CLASSES DONT START UNTIL MARCH 24, 2025

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

	7:00 AM Wendy Reformer Springboard + Core	7:00 AM Nikki Pilates Reformer				
					8:30 AM Nikki Reformer Springboard + Core	8:30 AM Wendy Reformer Mobility + Core
					Help needed to take it all down	
					9:45 AM Nikki Pilates Reformer	
9:30 AM Pardis Classical Pilates Reformer (Int/Adv)	9:30 AM Pardis Reformer Springboard + Core	9:30 AM Julia Reformer Mobility + Core	9:30 AM Priyanka Pilates Reformer	9:30 AM Krishna Pilates Reformer		
	Help needed to take it all down	Help needed to set up				
10:30 AM Pardis Pilates Reformer	10:45 AM Pardis Classical Pilates Reformer (INT/ADV)	10:45AM Julia Reformer Springboard + Core	10:30 AM Priyanka Pilates Reformer	10:30 AM Krishna Pilates Reformer		
		Help needed to take it all down				
12:15 PM Pardis Pilates Reformer Express 45min	12:15 PM Pardis Pilates Reformer Express 45min	12:15 PM Julia Reformer Lower Body Burn +Core 45min				
	4:30 PM Wendy Pilates Reformer			4:30 PM Shevon Reformer Pilates 45min		
				Help needed to set up		
5:30 PM Brenda Pilates Reformer	5:30 PM Wendy Classical Pilates Reformer (INT/ADV)	5:30 PM Pardis Pilates Reformer	5:30 PM Brenda Reformer Lower Body Burn +Core	5:30 PM Shevon Reformer Springboard + Core		
6:30 PM Brenda Reformer Lower Body Burn +Core 45min	6:30 PM Wendy Reformer Mobility + Core	6:30PM Pardis Classical Pilates Reformer (INT/ADV)	6:30 PM Brenda Pilates Reformer			
Help needed to set up						
7:30 PM Brenda Reformer Springboard + Core		7:30PM Pardis Pilates Reformer	7:30 PM Brenda Classical Pilates Reformer (INT/ADV)			