

gym

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
am session						
METHOD	METHOD	LEAN LAB	METHOD	METHOD	METHOD	
5:30am - 6:30am	5:30am - 6:30am	6:00am - 7:00am	5:30am - 6:30am	5:30am - 6:30am	7:00am - 8:00am	
TRAINING ROOM	TRAINING ROOM	WEIGHTS ROOM	TRAINING ROOM	TRAINING ROOM	TRAINING ROOM	
LEAN LAB	METHOD	MEN'S PILATES	METHOD	LEAN LAB	METHOD	
6:00am - 7:00am	6:30am - 7:30am	7:00am - 8:00am	6:30am - 7:30am	6:00am - 7:00am	8:00am - 9:00am	
WEIGHTS ROOM	TRAINING ROOM	YOGA/BARRE STUDIO	TRAINING ROOM	WEIGHTS ROOM	TRAINING ROOM	
METHOD	METHOD		METHOD	METHOD	LEAN LAB	
6:30am - 7:30am	9:30am - 10:30am		9:30am - 10:30am	6:30am - 7:30am	8:00am - 9:00am	
TRAINING ROOM	TRAINING ROOM		TRAINING ROOM	TRAINING ROOM	WEIGHTS ROOM	
METHOD			SPINLATES (Spin/Pilates)	METHOD	BARRE	
9:30am - 10:30am			12:10pm - 12:55pm	9:30am - 10:30am	9:15am - 10:00am	
TRAINING ROOM			TRAINING ROOM	TRAINING ROOM	STUDIO	
PM SESSION						
PRENATAL PILATES MATCLASS	SPINLATES (Spin/Pilates)	LEAN LAB	BARRE ATTACK	FUNDAMENTAL MATCLASS		
12:10pm - 12:55pm	12:10pm - 12:55pm	5:30pm - 6:30pm	1:00pm - 1:45pm	12:10pm - 12:55pm		
STUDIO	STUDIO	TRAINING ROOM	STUDIO	STUDIO		
METHOD	METHOD	BARRE ATTACK	METHOD			
5:15pm - 6:15pm	5:15pm - 6:15pm	6:00pm - 6:45pm	5:15pm - 6:15pm			
TRAINING ROOM	TRAINING ROOM	STUDIO	TRAINING ROOM			
LEAN LAB	METHOD	BARRE ATTACK	METHOD			
5:30pm - 6:30pm	6:15pm – 7:15pm	6:50pm – 7:35pm	6:15pm – 7:15pm			
WEIGHTS ROOM	TRAINING ROOM	STUDIO	TRAINING ROOM			
METHOD						
6:15pm - 7:15pm						
TRAINING ROOM						
PILATES MATWORK INTERMEDIATE LEVEL						
7:10pm – 8:00pm						
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STUDIO Please note: This class requires Instructor						