



SEMI-PRIVATE REFORMER CLASS SCHEDULE⁽¹⁾

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Instructor: Jen	Instructor: Rema	Instructor: Jen	Instructor: Rema			
6:30 AM	Lower Body Hottie: Karin	Instructor: Shannon	Upper Body Hottie: Karin	Instructor: Shannon			
7:00 AM	Upper Body Hottie: Shannon		Lower Body Hottie: Karin		Lower Body Hottie: Shannon		
7:30 AM	Instructor: Ariel	Instructor: Shannon	Instructor: Ariel	Instructor: Shannon	Instructor: Peter		
8:30 AM	Instructor: Ariel	Instructor: Shannon	Instructor: Ariel	Instructor: Shannon	Instructor: Ariel	Instructor: Rotation	
9:30 AM	Instructor: Ariel	Instructor: Peter	Instructor: Ariel	Instructor: Peter	Instructor: George	Instructor: Rotation	
10:30 AM	Instructor: George	Instructor: Peter	Instructor: George	Instructor: Peter	Instructor: Leslie		
11:30 AM	Instructor: Ariel	Instructor: Monica	Instructor: Ariel				
12:30 PM	Healthy Joint & Spine Class (30min)		Healthy Joint & Spine Class (30min)	Healthy Joint & Spine Class (30min)			
4:30 PM	Instructor: George	Instructor: Peter	Instructor: George	Instructor: Peter			
5:30 PM	Instructor: Peter	Instructor: Peter	Instructor: Peter	Instructor: Peter			
6:30 PM	Instructor: Peter		Instructor: Peter	Instructor: Karin			
7:30 PM			FREE BUDDHA BOOTCAMP				

POLICY: No shows count as a session
 All payments final, no refunds
 Cancellations less than 12 hours in advance will incur a fee
 No time granted back for tardiness