



WEEKLY EXERCISE CLASSES



SUN

MON

TUE

WED

THU

FRI

SAT

	<ul style="list-style-type: none"> • 6:30 AM PILATES • 8:30 AM EW YOGA PILATES • 9:00 AM JAZZERCISE • 9:30 AM PILATES STRENGTH TRAIN • 5:30 PM JAZZERCISE PILATES 	<ul style="list-style-type: none"> • 6:45 AM PILATES • 8:00 AM PILATES • 8:15 AM HIIT • 9:00 AM PICKLEBALL JAZZERCISE PILATES • 10:45 AM GRACE MOVES • 11:00 AM PILATES • 4:45 PM MIND BODY YOGA • 6:15 PM PILATES 	<ul style="list-style-type: none"> • 6:30 AM PILATES • 8:30 AM EW YOGA • 9:00 AM PICKLEBALL • 9:30 AM PILATES STRENGTH TRAIN • 5:30 PM JAZZERCISE PILATES 	<ul style="list-style-type: none"> • 6:45 AM PILATES • 8:30 AM PILATES • 9:00 AM JAZZERCISE PICKLEBALL • 10:15 AM HIIT • 10:30 AM PILATES • 4:00 PM GRACE MOVES • 5:30 PM JAZZERCISE PICKLEBALL • 6:15 PM PILATES • 6:45 PM MIND BODY YOGA 	<ul style="list-style-type: none"> • 8:00 AM PILATES • 9:00 AM JAZZERCISE PICKLEBALL • 9:30 AM PILATES STRENGTH TRAIN 	<ul style="list-style-type: none"> • 8:00 AM PILATES • 9:00 AM JAZZERCISE • 9:00 AM PICKLEBALL PILATES • 10:00 AM PILATES
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