

CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				7am Reformer 3 Val	
				8 am Healthy Bones Mat Class Val	8 am Advanced Circuit Class Val Reformer 2/3 Heather
9:20 am Reformer 3 Val		9 am Reformer 2 Osteo Friendly Diane			9:15 am Beginner Circuit Class Heather
			10 am Building Healthy Bone sit/stand Class/ Val		
				4:00 pm Modified Reformer Val	
	5 pm Modified reformer Val				
6 pm Reformer 1/2 Val/Heather	6 pm Mat /Diane 6pm Osteo Circuit Class Heather/Val	6:30 pm Reformer 2/3 Val			
7pm Mat Class Val/Heather	7 pm Reformer 2/3 Diane				

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