

2023 Class Schedule

In-Person Classes

See next page for Zoom Mat class schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat
6:45A						
8:00A	REFORMER <i>Adv</i> Anthony	REFORMER <i>Beg/Interm</i> Johanna	REFORMER <i>Interm</i> Anthony	REFORMER <i>Beg/Interm</i> Johanna	REFORMER <i>Interm</i> Anthony	
9:00A	REFORMER <i>Interm</i> Anthony	REFORMER <i>Interm</i> Anthony	REFORMER <i>Interm/Adv</i> Anthony	REFORMER <i>Beg/Interm</i> Christy	REFORMER <i>Beg/Interm</i> Anthony	
10:00A	REFORMER <i>Beg/Interm</i> Christy		REFORMER <i>Interm/Adv</i> Anthony	REFORMER <i>Beg/Interm</i> Christy	REFORMER <i>Interm</i> Christy	
11:00A	REFORMER <i>Interm/Adv</i> Anthony		REFORMER <i>Beg/Interm</i> Anthony	REFORMER <i>Beg/Interm</i> <u>Johanna</u>		
11:00A			REFORMER <i>Beg/Interm</i> Johanna			
5:30P		REFORMER <i>Interm/Adv</i> <i>Alt weeks</i> Anthony				
6:00P						

Zoom Mat Classes

Time	Mon	Tues	Wed	Thurs	Fri	Sat
8:00A				Zoom MAT <i>Beg/Interm</i> <i>Christy</i>		
9:00A	Zoom MAT <i>Beg/Interm</i> <i>Christy</i>					
9:30A						Zoom FIT <i>All levels</i> <i>Anthony</i>
10:15A		Zoom MAT <i>Beg/Interm</i> <i>Anthony</i>				