



Class Schedule

Monday

8:30 am *Equipment – Beginner / Intermediate*
9:30 am *Equipment – Beginner / Intermediate*
6:00 pm *Equipment – Intermediate I*
7:00 pm *Mat and Props*

Tuesday

8:30 am *Mat and Props*

Wednesday

5:30 am *Equipment – Beginner / Intermediate*
7:00 am *Equipment – Beginner / Intermediate*
5:30 pm *Equipment – Healthy Spine*

Thursday

8:30 am *Equipment – Beginner*
9:30 am *Equipment – Beginner / Intermediate*
6:00 pm *Equipment – Beginner / Intermediate*

Friday

8:30 am *Equipment – Beginner / Intermediate*
9:30 am *Mat “Rock and Roll”*

Saturday

7:00 am *Equipment – Intermediate I*
8:00 am *Equipment – Intermediate II*
9:00 am *Mat “Have a Ball”*