THE STUDIO N20

REFORMER • PILATES • YOGA • WELLNESS

SCHEDULE STUDIO ALIGN

MONDAY	8:00 AM – Intermediate Reformer 9:30 AM – Intermediate Reformer 10:30 AM – Foundation Reformer	6:30 PM – Intermediate Reformer 7:30 PM – Foundation Reformer
TUESDAY	9:30 AM – Foundation Reformer 10:30 AM – Intermediate Reformer 11:30AM – Foundation Reformer	12:30 PM – Jumpboard Reformer 6:00 PM – Foundation Reformer 7:00 PM – Intermediate Reformer
WEDNESDAY	7:00 AM – Intermediate Reformer 9:30 AM – Intermediate Reformer 10:30 AM – Foundation Reformer	12:00 PM – Intermediate Reformer 6:30 PM – Intermediate Reformer 7:30 PM – Intermediate Reformer
THURSDAY	8:45 AM – Intermediate Reformer (45min) 9:35 AM – Intermediate Reformer 10:30 AM – Foundation Reformer	12:30 PM – Intermediate Reformer (45min) 5:30 PM – Intermediate Reformer 6:30 PM – Intermediate Reformer 7:30 PM – Foundation Reformer
FRIDAY	8:30 AM – Intermediate Reformer 9:30 AM – Intermediate Reformer 10:30 AM – Foundation Reformer	
SATURDAY	8:30 AM – Foundation Reformer 9:30 AM – Intermediate Reformer 10:30 AM – Foundation Reformer 11:30 AM – Intermediate Reformer	12:30 PM – Foundation Reformer
SUNDAY	8:30AM- Intermediate Reformer 9:30 AM – Intermediate Reformer 10:30 AM – Foundation Reformer 11:30 AM – Intermediate Reformer	12:30 PM – Foundation Reformer

All classes 50min, unless otherwise marked, more classes to come as we grow

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