

SCHEDULE

Group Class

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		equip combo	equip combo	equip combo			
7:00							
8:00	rehab ref	beg. ref			mat		
9:00	intermediate ref	rehab ref	rehab ref	beg, ref	low impact cardio		
10:00	rehab ref	rehab ref		rehab ref			
11:00				stretch/mobility			
12:00		express mat (30 min)	intermed ref				
1:00		balance/stability			rehab ref		
2:00		osteostrong					
3:30	stretch/mobility						
4:30	sports		sports				
5:30	beginner ref	combo	beg. ref	intermed. ref			
6:30	mat		mat				