	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
6:15 AM						
6:30 AM	6:30-7:30AM Fit Fusion Mary				6:30-7:30AM Fit Fusion Mary	
6:45 AM		6:45-7:45AM Fit Fusion Brandy				
7:00 AM						
7:15 AM						
7:30 AM						
7:45 AM						
8:00 AM			8:00-9:00AM Reformer Pilates Beginner Christy		8:00-9:00AM Hybrid-TRX/KB/CA Jon	
8:15 AM						
8:30 AM						
8:45 AM						
9:00 AM						
9:15 AM		9:15-10:15AM CoreAlign Fundamentals Jessie	9:15-10:15AM Reformer Pilates Intermediate Beth		9:15-10:15AM CoreAlign Fundamentals Jessie	
9:30 AM						9:30-10:30AM Hybrid-TRX/KB/CA Rotating Instructor
9:45 AM						
10:00 AM						
10:15 AM						
10:30 AM	10:30-11:30AM Reformer Pilates All Levels Sarina	10:30-11:30AM CoreAlign Advanced Brandy	10:30-11:30AM Reformer Pilates Advanced Sarina	10:30-11:30AM CoreAlign Intermediate Brandy	10:30-11:30AM Reformer Pilates Advanced Jessie	1st Sat- Jessie
10:45 AM						2nd Sat- Mary
11:00 AM						3rd Sat- Brandy
11:15 AM						4th Sat- Jon
11:30 AM						
11:45 AM						
12:00 PM	12:00-1:00PM Reformer Pilates Intermediate Beth	12:00-1:00PM Boxing/Kickboxing Jon	12:00-1:00PM Fit Fusion Logan	12:00-1:00PM Boxing/Kickboxing Jon	12:00-1:00PM Fit Fusion Brandy	
12:15 PM						
12:30 PM						
12:45 PM						
1:00 PM						
1:15 PM	1:15-2:15PM CoreAlign Intermediate Brandy				1:15-2:15PM CoreAlign Intermediate Brandy	
1:30 PM		1:30-2:15PM Total Barre Express Jessie				
1:45 PM						
2:00 PM						
2:15 PM						
2:30 PM						
2:45 PM						
3:00 PM						
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM			4:00-5:00PM CoreAlign Beginner Brandy			
4:15 PM	4:15-5:15PM CoreAlign Beginner Brandy					
4:30 PM					Did you know?	
4:45 PM					Save time by scheduling and paying	
5:00 PM					online or by app!	
5:15 PM			5:15-6:15PM Reformer Pilates Intermediate Beth			
5:30 PM	5:30-6:15PM Fit Fusion Express Brandy	5:30-6:30PM CoreAlign Fundamentals Jessie		5:30-6:30PM Boxing/Kickboxing Jon	Visit Mindbodyonline.com or	
5:45 PM					download the MindBody app	
6:00 PM					(NOT the Express verison!),	
6:15 PM					search for 'Staszak Physical Therapy',	
6:30 PM	6:30-7:30PM CoreAlign Intermediate Brandy	6:30-7:30PM Reformer Pilates Beg/Int Jessie	6:30-7:30PM CoreAlign Intermediate Brandy	6:30-7:30PM Reformer Pilates Beg/Int Jessie	and create your own account.	
6:45 PM						
7:00 PM					Call us if you have any questions!	
7:15 PM					(541) 505-8180	