



REFORMER PILATES SCHEDULE

ALTEA LIBERTY VILLAGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>7:30am Booty & Core Samantha Kreindel</p>	<p>7:00am Booty & Core Kristin Foster</p>	<p>6:15am Booty & Core Kristin Foster</p>	<p>7:00am Upper Body & Core Samantha Kreindel</p>	<p>7:00am Total Body Grace Kingston</p>	<p>10:15am Total Body Taylor Hull</p>	<p>10:15am Total Body Grace Kingston</p>
<p>9:00am Total Body Samantha Kreindel</p>	<p>8:00am Reformer Intervals Kristin Foster</p>	<p>7:30am Total Body Samantha Kreindel</p>	<p>8:00am Cardio & Stretch Samantha Kreindel</p>	<p>9:00am Reformer Intervals Taylor Hull</p>	<p>12:45pm Foundations Taylor Hull</p>	<p>11:30am Total Body Grace Kingston</p>
<p>5:15pm Total Body Grace Kingston</p>	<p>9:00am Total Body Kristin Foster</p>	<p>9:00am Upper Body & Core Samantha Kreindel</p>	<p>9:00am Booty & Core Samantha Kreindel</p>	<p>10:30am Upper Body & Core Taylor Hull</p>		
<p>6:30pm Booty & Core Grace Kingston</p>	<p>5:15pm Total Body Grace Kingston</p>	<p>5:15pm Booty & Core Taylor Hull</p>	<p>12:15pm Total Body Taylor Hull</p>	<p>12:15pm Booty & Core Taylor Hull</p>		
	<p>6:30pm Cardio & Stretch Grace Kingston</p>	<p>6:30pm Upper Body & Core Taylor Hull</p>	<p>6:30pm Total Body Marlene Latour</p>			
	<p>7:30pm Booty & Core Grace Kingston</p>					

SCHEDULE IS SUBJECT TO CHANGE