



# REFORMER PILATES SCHEDULE

ALTEA LIBERTY VILLAGE

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

SCHEDULE IS SUBJECT TO CHANGE