

Class Attendance

Yoga & Dance

20 placements per class

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Location	Studio	Studio	Studio	Studio	Studio	Studio	Studio
7.00 AM	2 Dynamic Yoga Flow		3 Ashtanga	1 Yoga Essentials			
8.00 AM						3 Dynamic Yoga Flow	
9.00 AM						5 Barre	
10.00 AM	3 Yoga Progressive		2 Dynamic Yoga Flow	1 Ashtanga		4 Zumba	4 Yoga Progressive
11.00 AM							
12.00 PM		1 Ashtanga	3 Barre	2 Gentle Yoga Flow			
5.00 PM					1 Gentle Yoga Flow		
5.30 PM	4 Yoga Progressive	5 Dynamic Yoga Flow	3 Zumba	5 Dynamic Yoga Flow			
6.00 PM					Feb 12th - Joe Yin Yoga		
6.30 PM	5 Zumba	6 Yin Yoga	5 Dynamic Yoga Flow	4 Yin Yoga			2 Yin Yoga
7.30 PM		New Coti - Barre					

Pilates

20 placements per class

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Location	Studio	Studio	Studio	Studio/Virtual	Studio	Studio	Studio/Virtual
6.30 AM		2 Fusion Reformer			4 Fusion Reformer		
7.15 AM			New Reformer Pilates Flow				
8.00 AM						8 Reformer Pilates Flow	
9.00 AM						12 Reformer Pilates Flow	5 Reformer Pilates
10.00 AM	8 Reformer Pilates Flow	9 Reformer Pilates Flow	12 Reformer Power Pilates	5 Reformer Pilates Flow	15 Fusion Reformer	20 Reformer Pilates Flow	Unlimited Virtual Mat Pilates
11.00 AM	6 Reformer Pilates Flow		5 Reformer Power Pilates	Unlimited Virtual Mat Pilates			
12.15 PM	6 Reformer Pilates Flow	7 Fusion Reformer	10 Reformer Power Pilates	New Reformer Pilates Flow	10 Fusion Reformer		
12.15 PM							
5.30 PM	12 Reformer Pilates Flow	16 Reformer Pilates Flow	14 Reformer Pilates Flow	6 Reformer Power Pilates			
6.30 PM	8 Reformer Pilates Flow	14 Fusion Reformer	8 Reformer Pilates Flow	5 Reformer Power Pilates			
7.30 PM	4 Reformer Pilates Flow		7 Reformer Pilates Flow				