

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am		7:30-8:20 CP Reformer Flow 1		7:30-8:20 CP Reformer Flow 1 7/9 Close			
8am			8:30-9:20 CP Reformer Flow 1 7/8 Close			8:30-9:20 CP Reformer Flow 1	
9am	9:00-9:50 CP Reformer Flow 1	9:00-9:50 CP Suspend 1.5		9:00-9:30 Intro			9:00-9:50 CP Cardio Sculpt
10am	10:30-11:20 CP Reformer Flow 1.5	10:30-11:00 Intro	10:00-10:50 CP Cardio Sculpt	10:30-11:20 CP Reformer Flow 1		10:00-10:50 CP Suspend 1.5 7/4 CP Reformer Flow 1	10:30-11:00 Intro
11am			11:30-12:20 CP Reformer Flow 1			11:30-12:00 Intro	
12pm	12:00-12:30 Intro	12:00-12:50 CP Reformer Flow1		12:00-12:50 CP Control 1.5			12:00-12:50 CP Reformer Flow1
1pm	1:30-2:20 CP Cardio Sculpt					1:00-1:50 CP Reformer Flow 1	1:30-2:20 CP Reformer Flow 1.5
2pm							
3pm							
4pm							
5pm		5:30-6:20 CP Cardio Sculpt 7/7 Close	5:30-6:20 CP Reformer Flow1				
6pm							
7pm		7:00-7:50 CP Reformer Flow1 7/7 Close	6:50-7:20 Intro				
8pm			7:50-8:40 CP Reformer Flow 1.5			close	close