

sunday	monday	tuesday	wednesday	thursday	friday	saturday
			9:00–10:00 Mat Pilates Rachel	10:15–11:15 Barre Fitness Rachel		
		10:15–11:15 BeMoved® Rachel		10:30–12:00 Gentle Yoga Teresa		
			12:00–1:30 Gentle Yoga Teresa			
4:00–5:30 Vinyasa Yoga Teresa			4:45–5:45 Mat Pilates Teresa			
			4:45–5:45 BeMoved® Rachel			
	5:45–6:45 Mat Pilates Rachel	5:45–6:45 Barre Fitness Rachel		5:45–6:45 BeMoved® Rachel	5:30–7:00 Workshops TBA	