

**Core Concepts Pilates Wellness  
Class Schedule**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am							
8:15am		TRX/Weights/Pilates Full		TRX/Weights/Pilates Full		TRX/Weights/Pilates Full	R1 New Class
8:30am							
8:45am							
9:00am							
9:15am	Mat with Props All Levels	RCCB 2 Full/Wait List	RCCB 2 Full/Wait List	Circuit Training All Levels	Mat with Props All Levels	RCCB 2 Full/Wait List	
9:30am							
9:45am							
10:00am							
10:15am							
10:30am							
10:45am			RCCB 2 Full/Wait List				
11:00am				RCCB 1/2		RCCB 2	TRX/Weights All Levels
11:15am							
11:30am		RCCB 2 Full/Wait List	RCCB 2		R1 New Class		
11:45am							
12:00pm							
12:15pm							
12:30pm			RCCB 2	R1 New Class			
12:45pm							
1:00pm							
3:00pm					RCCB 3		
3:15pm							
3:30pm							
3:45pm							
4:00pm		Teen Pilates R1 New Class		Teen Pilates Mat/Props New Class			
4:15pm			R1		R1 New Class		
4:30pm							
4:45pm							
5:00pm							
5:15pm							
5:30pm				R 2/3			
5:45pm							
6:00pm		R1 New Class					
6:15pm							
6:30pm			TRX/Reformer 2/3 Full/Wait List	R1 New Class	RCCB 2/3		
6:45pm							
7:00pm							
7:15pm							
7:30pm			RCCB 2		RCCB 2		
7:45pm							
8:00pm							
8:15pm							

R = Reformer  
RCCB = Reformer, Cadillac, Chairs, Barrels  
1 = Appropriate for all levels  
2 = Some Apparatus Experience Required  
3 = With Instructor's Recommendation

*Detailed class descriptions are given on*

Classes are subject to change based on attendance and instructor availability.