STUDIO SCHEDULE

October 2026

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7:00 AM		**Intermediate Level** Caitlin						7:00 AM
7:30 AM								7:30 AM
8:00 AM		**Tower (Open Level)** Caitlin	**Reformer Foundations** Tasha				**Self-Guided/Rental** email to book	8:00 AM
8:30 AM								8:30 AM
9:00 AM	**Intermediate Level** Kat		**Self-Guided/Rental** email to book		**Open Level** Catherine	**Intermediate Level** Catherine	**Intermediate Level** Tasha	9:00 AM
9:30 AM	**Tower (Open Level)** Kat	**Open Level** Caitlin	**Matwork (Open Level)** Tasha	**Intermediate Level** Caitlin	**Self-Guided/Rental** email to book	**Open Level** Catherine	**Open Level** Tasha	9:30 AM
10:00 AM	**Matwork (Soft & Slow)** Kat			**Open Level** Caitlin	**Reformer Foundations** Catherine	**Intermediate Level** Catherine		10:00 AM
10:30 AM								10:30 AM
11:00 AM								11:00 AM
11:30 AM			**Self-Guided/Rental** email to book	**Intermediate Level** Caitlin	**Tower (Open Level)** Catherine		**Tower (Open Level)** Tasha	11:30 AM
12:00 PM	**Self-Guided/Rental** email to book	**Self-Guided/Rental** email to book					**Cardio-Trampoline** Tasha	12:00 PM
12:30 PM			**Stability Chair** Kat					12:30 PM
1:00 PM								1:00 PM
1:30 PM								1:30 PM
2:00 PM				**Self-Guided/Rental** email to book	**Self-Guided/Rental** email to book			2:00 PM
2:30 PM								2:30 PM
3:00 PM			**Self-Guided/Rental** email to book					3:00 PM
3:30 PM								3:30 PM
4:00 PM		**Self-Guided/Rental** email to book		**Open Level** Tasha				4:00 PM
4:30 PM								4:30 PM
5:00 PM		**Open Level** Tasha		**Reformer Foundations** Tasha	**Intermediate Level** Kat			5:00 PM
5:30 PM			**Intermediate Level** Steph	**Tower (Open Level)** Tasha	**Open Level** Kat			5:30 PM
6:00 PM		**Stability Chair** Tasha	**Self-Guided/Rental** email to book	**Self-Guided/Rental** email to book	**Self-Guided/Rental** email to book			6:00 PM
6:30 PM		**Self-Guided/Rental** email to book						6:30 PM
7:00 PM								7:00 PM
7:30 PM								7:30 PM
8:00 PM								8:00 PM
8:30 PM								8:30 PM

**schedule is subject to change without notice, especially when we're running our teacher-training courses

***self-guided sessions are for STUDENTS and individuals who have done at least 5 private sessions