Making MVES
FITNESS & DANCE

CLASS SCHEDULE

EFFECTIVE: NOVEMBER 15, 2026

MONDAY

5:15-6:05p	Strength Mix: Essentials
6:30-8p	Ballet III: Intermediate Foundations

TUESDAY

12-12:50p	Strength Mix: Elevate
5:15-6p	Mat Pilates: Int 2/Adv
6:30-8p	Ballet I/II: Beginner I & Beginner II

WEDNESDAY

12-12:50p	Strength Mix: Build
5:15-6p	Mat Pilates: Beginner/Int 1
6:30-8p	Ballet IV: Intermediate

THURSDAY

12-12:50p	Power Mix: Cardio Fusion
5:15-6:05p	Strength Mix: Build
6:30-8p	Introduction to Ballet

SATURDAY

NEW 8-8:45a	Pointe I: Beginner BEGINS DEC 5
9-9:45a	Mat Pilates: Intermediate 2
10-10:45a	Mat Pilates: Beginner/Intermediate 1
11-11:45a	Mat Pilates: Advanced

NEW Added/updated class section

NEW Dancer-specific, requires permission from instructor

Drop-in classes available

CLASSICAL MAT PILATES - LEVELS:

Beginner = no previous experience required.

Beginner/Intermediate 1 = a segue for those ready to progress their beginner-level practice but are not fully intermediate (yet). Open to beginners with classical Pilates vocabulary.

Intermediate 1 = minimum of **6 months** consistent practice (having graduated fully from **Beginner**) AND instructor permission required.

Intermediate 2 = comprehensive practice & knowledge of classical Pilates exercises is assumed AND instructor permission required. Minimum of **1 year** of practice at the Intermediate 1 level.

Intermediate 1/2 = the "sweet spot" between Intermediate 1 & 2 material, open to all at these respective levels.

STRENGTH MIX - LEVELS:

Strength Mix: Essentials = Designed for the novice mover & NO previous strength-training experience required. Expect approachable exercises that emphasize form, alignment and functional fitness with focused coaching. Perfect for those newer to fitness or anyone wanting to refine the fundamentals! Open to ALL levels; options for advancements & tiered modifications, as desired.

Strength Mix: Build = Develop foundational exercises with more variations and strength & stability challenges. Open to all levels, but ideal for those with some fitness experience who are ready to intensify their workouts. Modifications & advancements provided.

Strength Mix: Elevate = Our most advanced strength-training offering, featuring heavier resistance, compound movement patterns, and a quicker pace. Best suited for those with a solid strength-training background who are confident with form & technique. Open to all, with modifications provided, as needed. Note: class tempo will not be modified.