






# CLASS SCHEDULE

- Effective: Nov. 17, 2025 -

## MONDAY

8:15-9am Full Body Sculpt  
5:15-6pm Mat Pilates **Beginner**  
 6:15-7:30pm Ballet 3/4: Int Ballet

## THURSDAY

 7-7:45am PiYo Flow Fusion  
8:15-9am Step & Sculpt  
 5:15-6pm Barre Burn

## TUESDAY

 7-7:45am Mat Pilates **Beginner**  
 8:15-9am Power Flex  
5:15-6pm Mat Pilates **Intermediate 1/2**  
 6:15-7:30pm Ballet 2: Elementary Ballet

## FRIDAY




6-6:45am Full Body Sculpt

## WEDNESDAY

 7-7:45am Bootcamp  
9:15-10am Mat Pilates **Beginner**  
 5:15-6pm LaBlast  
 6:15-7:30pm Ballet 3/4: Int Ballet

## SATURDAY

9:45-10:30am Mat Pilates **Beginner**  
10:45-11:30am Mat Pilates **Intermediate 1/2**

 New Class Format  
 New Class Time Offering  
 Drop-In Classes Available

**Level: Beginner** = no previous experience required

**Level: Intermediate 1** = comprehensive practice & knowledge of classical Pilates exercises required, and/or instructor permission upon request

**Level: Intermediate 2** = instructor permission required

*ALL classes require registration via Arketa. Minimum enrollment of 2 participants to run any section.*

**MAKING MOVES FITNESS & DANCE**  
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