



# CLASS SCHEDULE

- Effective: Jan. 5, 2026 -

## MONDAY

8:15-9a Full Body Sculpt  
5:15-6p Mat Pilates Beginner  
 6:15-7:45p Ballet 3: Intermediate

## TUESDAY

 7:15-8a Barre Burn  
5:15-6p Mat Pilates Intermediate 1  
 6:15-7:30p Ballet 2: Elementary

## WEDNESDAY

 5:15-6p Full Body Sculpt  
 6:15-7:45p Ballet 3: Intermediate

## THURSDAY

 7:15-8 PiYo Flow Fusion  
 8:15-9a Step & Sculpt/Power Sculpt\*  
5:15-6p Barre Burn  
6:15-7:30p Ballet 1: Absolute Beginner

## FRIDAY

 6:15-7a Full Body Sculpt  
 8:15-9a Mat Pilates Beginner

## SATURDAY

 9:30-10:15a Mat Pilates Beginner  
 10:30-11:15a Mat Pilates Intermediate 1/2  
 11:30a-12:15p LaBlast

 Adjusted Start/End Time

 New Class Section

 Drop-In Classes Available

\* Alternate Class Formats Biweekly

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

**Level: Intermediate 1/2** = comprehensive practice & knowledge of classical Pilates exercises required, and/or instructor permission required

*ALL classes require registration via Arketa.*