

CLASS SCHEDULE

TUESDAY

PILATES REFORMER
RACHEL
7AM - 8AM (ADVANCED)

PILATES REFORMER
RACHEL
8AM - 9AM

PILATES REFORMER
RACHEL
9AM - 10AM

BOOTCAMP
RICKY
11:30AM - 12:30PM

AQUA ZUMBA
SHAKALEE
5PM - 6PM

CYCLE
BOB
6PM - 6:50PM

WEDNESDAY

PILATES REFORMER
AUBREY
8AM - 9AM

PILATES REFORMER
AUBREY
9AM - 10AM

CHAIR YOGA
ALLISON
9AM - 10AM

PILATES REFORMER
ROCHELLE
5:30PM - 6:30PM

THURSDAY

PILATES REFORMER
RACHEL
7AM - 8AM (ADVANCED)

PILATES REFORMER
RACHEL
8AM - 9AM

PILATES REFORMER
RACHEL
9AM - 10AM

AQUA ZUMBA
ASHLEY
10AM - 11AM

ZUMBA
ASHLEY
11:30AM - 12:30PM

CYCLE
BOB
6PM - 6:50PM

FRIDAY

PILATES REFORMER
AUBREY
8AM - 9AM

PILATES REFORMER
AUBREY
9AM - 10AM

BOOTCAMP
RICKY
10AM - 11AM

CHAIR YOGA
ALLISON
11:30AM - 12:30PM

GENTLE YOGA
ALLISON
12:30PM - 1:30PM

SATURDAY

CYCLE
JILLIAN
8:30AM - 9:20AM

PILATES REFORMER
ROCHELLE
9:30AM - 10:30AM

PILATES REFORMER
ROCHELLE
10:30AM - 11:30AM

BOOTCAMP
JILLIAN
10:30AM - 11:30PM

SUNDAY

CYCLE
BOB
8:30AM - 9:20AM

PILATES REFORMER
SARAH J
9:30AM - 10:30AM

PILATES REFORMER
SARAH J (ADVANCED)
10:30AM - 11:30AM

BOOTCAMP
LAUREN
1PM - 2PM

STIRLING CLUB FITNESS