

Class Schedule

MONDAY	7:00am - Contemporary ReForm 8:00am - ReForm with Apparatus 9:00am - ReForm Strength 10:00am - ReForm 11:30am - ReForm 5:00pm - ReForm Strength
TUESDAY	9:00am - Intro to Reformer *New Member Exclusive 10:00am - Reform for Mobility 5:00pm - ReForm 6:30pm - ReForm
WEDNESDAY	8:30am - ReForm 9:30am - ReForm Strength 6:00pm - ReForm
THURSDAY	7:00am - Contemporary ReForm 8:00am - ReForm with Apparatus 10:00am - ReForm Strength 11:00am - ReForm 5:30pm - Cardio Sculpt ReForm 6:30pm - Intro to Reformer *New Member Exclusive
FRIDAY	8:00am - ReForm Strength 9:00am - ReForm 11:15am - Cardio Sculpt ReForm 5:00pm - ReForm & Unwind *Complimentary glass of prosecco after class
SATURDAY	8:15am - Cardio Sculpt ReForm 9:15am - ReForm 10:15am - Intro to Reformer *New Member Exclusive 11:15am - ReForm
SUNDAY	8:15am - ReForm 9:15am - ReForm 10:15am - Cardio Sculpt ReForm



*updated 7/1/26

Please cancel within 24 hours of class to avoid losing your session. No-shows will result in loss of session.