

# phi pilatesstudio

MONDAY			
9:30 am	YUR Back Equipment Class	Lindsey	2 <sup>nd</sup> floor
10:30 am	Equipment Class	Chrissy	2 <sup>nd</sup> floor
11:30 pm	Joint Pain Equipment Class	Becky	2 <sup>nd</sup> floor
12:30 am	YUR Back Equipment Class	Rachel	2 <sup>nd</sup> floor
5:00 pm	Oov Class	Cindy	3 <sup>rd</sup> floor
7:00 pm	Equipment Class	Kat	2 <sup>nd</sup> floor
TUESDAY			
6:15 am	Core Align Class	Lindsey	3 <sup>rd</sup> floor
9:00 am	Equipment Class	Karen	2 <sup>nd</sup> floor
10:30 am	YUR Back Equipment Class	Lindsey	2 <sup>nd</sup> floor
5:00 pm	YUR Back Extension Equip Class	Chrissy	2 <sup>nd</sup> floor
6:15 pm	Core Align Class	Chrissy	3 <sup>rd</sup> floor
WEDNESDAY			
8:00 am	Oov Class	Chrissy	3 <sup>rd</sup> floor
9:00 am	YUR Back Flexion Equipment Class	Chrissy	2 <sup>nd</sup> floor
10:00 am	Core Align Class	Lynn	3 <sup>rd</sup> floor
10:15am	YUR Back Extension Equip Class	Becky	2 <sup>nd</sup> floor
5:00 pm	TRX Class	Cassie	3 <sup>rd</sup> floor
6:00 pm	YUR Back Equipment Class	Lindsey	2 <sup>nd</sup> floor
THURSDAY			
9:30 am	Equipment Class	Susan	2 <sup>nd</sup> floor
10:30 am	Core Align Class	Karen	3 <sup>rd</sup> floor
10:30am	YUR Back Equipment Class	Cassie	2 <sup>nd</sup> floor
5:00 pm	Core Align Class	Cassie	3 <sup>rd</sup> floor
6:00 pm	YUR Back Equipment Class	Rachel	2 <sup>nd</sup> floor
FRIDAY			
6:30am	Equipment Class	Cassie	2 <sup>nd</sup> floor
8:30 am	Equipment Class	Lynn	2 <sup>nd</sup> floor
9:30 am	Chair Class	Cassie	3 <sup>rd</sup> floor
10:00 am	YUR Back Equipment Class	Karen	2 <sup>nd</sup> floor
11:30 am	Joint Pain Equipment Class	Lynn	2 <sup>nd</sup> floor
SATURDAY			
8:00 am	Equipment Class	Cassie	2 <sup>nd</sup> floor
8:00 am	Bounce Class	Chrissy	3 <sup>rd</sup> floor
9:00 am	Core Align Class	Susan	3 <sup>rd</sup> floor
9:15 am	YUR Back Equipment Class	Cassie	2 <sup>nd</sup> floor
10:30 am	Introductory Equipment Class (free for new members)	Cassie	2 <sup>nd</sup> floor
SUNDAY			
9:00 am	Teacher's Choice Equipment Class	Lynn	2 <sup>nd</sup> floor



**VIRTUAL CLASS  
SCHEDULE**

\*\*\*\*\*Must have the designated equipment to participate\*\*\*\*\*

	<b>MONDAY</b>		
<b>9:30 am</b>	YUR Back Reformer Class	Lindsey	ZOOM
<b>10:30 am</b>	Reformer Class	Chrissy	ZOOM
	<b>TUESDAY</b>		
<b>6:15 am</b>	Core Align Class	Lindsey	ZOOM
<b>10:30 am</b>	YUR Back Reformer Class	Lindsey	ZOOM
<b>5:00 pm</b>	YUR Back Extension Reformer Class	Chrissy	ZOOM
<b>6:15 pm</b>	Core Align Class	Chrissy	ZOOM
	<b>WEDNESDAY</b>		
<b>8:00 am</b>	Oov Class	Chrissy	ZOOM
<b>6:00 pm</b>	YUR Back Reformer Class	Lindsey	ZOOM
	<b>THURSDAY</b>		
<b>10:30am</b>	YUR Back Reformer Class	Cassie	ZOOM
<b>5:00 pm</b>	Core Align Class	Cassie	ZOOM
	<b>FRIDAY</b>		
<b>6:30 am</b>	Reformer Class	Cassie	ZOOM
<b>9:30 am</b>	Chair Class	Cassie	ZOOM
	<b>SATURDAY</b>		
<b>8:00 am</b>	Reformer Class	Cassie	ZOOM
<b>9:00 am</b>	Core Align Class	Susan	ZOOM
<b>9:15 am</b>	YUR Back Reformer Class	Cassie	ZOOM