

July 4th Weekend Class Schedule



Saturday, July 1st	8:00am Group Mat/Reformer- EP True 9:00am Group Mat/Reformer- EP True 10:15am Pilates Mat Class- Grand Ave
Sunday, July 2nd	No Class
Monday, July 3rd	6:30am Group Mat/Reformer- EP True 8:00am Group Mat/Reformer- EP True 9:15am Group Mat/Reformer- EP True 8:30am Yin Yoga- Grand Ave 5:45pm am Yin Yoga- Grand Ave
Tuesday, July 4th	8:00am Group Mat/Reformer- EP True 8:30am Strength Training- Grand