

CLASS SCHEDULE

MONDAY

CYCLE 5:00AM
DEBBIE

STEP & SCULPT 4:15PM
SHARON

STEP & SCULPT 8:15AM
KAREN

BOOTCAMP 5:30PM
TOMMY

BURN UP 9:00AM
MIA

YOGA- FLOW 6:30PM
LEAH

REFORMER PILATES 10:00AM
LEAH

TUESDAY

TBC 8:15AM
NANCY

MAT PILATES 5:30PM
SHELLIE

BURN DOWN 9:00AM
LEAH

CYCLE 6:00PM
MIA

BARRE FUSION 9:30AM
MIA

BURN DOWN 5:30PM
ISAAC

WEDNESDAY

CYCLE 5:00AM
DEBBIE

REFORMER PILATES 6:00PM
LEAH

BURN OUT 9:00AM
MIA

XTREME 5:30PM
SHARON

MAT PILATES 9:30AM
LEAH

YOGA- ROOT & FLOW 6:30
KAREN

REFORMER PILATES 10:30AM
LEAH

THURSDAY

HILOPIYO 8:15AM
KAREN

BOOTCAMP 5:30PM
TOMMY

BURN UP 9:00AM
ISAAC

CYCLE 6:00PM
RHONDA

BARRE FUSION 9:30AM
LEAH

REFORMER PILATES 10:30AM
LEAH

FRIDAY

CYCLE 5:00AM
DEBBIE

MAT PILATES 9:30AM
LEAH

C+RT 8:15AM
NANCY

XTREME 4:15PM
SHARON

BURN DOWN 9:00AM
ISAAC

SATURDAY

STEP & SCULPT 8:00AM
SHARON

POP PILATES 9:30AM
CELINA

CYCLE 8:00AM
KAREN/GINGER/MIA

REFORMER PILATES 10:00AM
LEAH

BURN OUT 9:00AM
PT STAFF

YOGA- FLOW 11:00AM
LEAH



"THE PLACE TO GET
FIT...AND STAY FIT!"

SIGN UP FOR CLASSES AT
WWW.STONESFITNESS.COM

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