



GROUP CLASS SCHEDULE

Effective March 1, 2012

MONDAYS

5:30 - 6:30 pm REFORMER CLASS LEVEL 2
6:00 - 7:00 pm FLOOR BARRE
6:30 - 7:30 pm INTRO GYROTONIC® TOWER CLASS

TUESDAYS

5:30 - 6:30 pm INTRO PILATES REFORMER CLASS
6:00 - 7:30 pm GRAVITY CENTER YOGA*

WEDNESDAYS

5:30 - 6:30 am PILATES BOOT CAMP
10:30 - 11:30 am REFORMER CLASS LEVEL 1
10:30 - 11:45 am GYROKINESIS® I
6:00 - 7:00 pm GYROKINESIS® I
6:30 - 7:30 pm PILATES PLUS! REFORMER CLASS

THURSDAYS

10:30 - 11:45 am MERIDIAN FLOW with KAT MYERS
5:30 - 6:30 pm INTERMEDIATE MAT CLASS
6:00 - 7:00 pm GYROTONIC® TOWER CLASS
6:30 - 7:30 pm INTRO REFORMER CLASS
6:30 - 8:00 pm GRAVITY CENTER YOGA*

FRIDAYS

5:30 - 6:30 am PILATES BOOT CAMP

SATURDAYS

8:30 - 9:30 am REFORMER CLASS LEVEL 2
9:00 - 10:00 am CORE INTELLIGENCE
11:00 - 12:15 pm GYROKINESIS® I

SUNDAYS

11:00 - 12:30 pm GRAVITY CENTER YOGA*

*Gravity Center Yoga classes are a separate entity of Kinesphere.
Money paid to Kinesphere may not be used for Gravity Center Classes.

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MONEY PAID TO KINESPHERE MAY NOT BE USED TOWARDS GRAVITY CENTER CLASSES.