

OFF-PEACK CLASSES 2018

MONDAY

11:00am	L.I.F.T (Low Impact Functional Training)	Jeremy
12:00pm	Reformer Pure	Susan
4:30pm	Express Cycle	Jeremy
7:00pm	Reformer+	Jeremy

TUESDAY

10:30am	Express Flexibility & Stretch	Grayson
10:30am	Kick Fit	Nicole
10:30am	Reformer Pure	Susan
12:00pm	Jumpboard+	Jamie
4:00pm	Express TRX	Jessi
4:30pm	Express Cycle	Jessi
6:30pm	JG X-Train	Sarah S.
6:30pm	Reformer Pure	Angela
7:30pm	Reformer+	Sarah S.

WEDNESDAY

11:00am	L.I.F.T (Low Impact Functional Training)	Sarah B.
12:00pm	Reformer+	Susan
7:00pm	Advanced Reformer	Danielle

THURSDAY

10:30am	Express Flexibility & Stretch	Grayson
10:30am	Reformer Pure	Susan
11:30am	Express Trampoline HITT	Sarah B.
12:00pm	Express TRX	Sarah B.
12:00pm	Jumpboard+	Claudia
4:00pm	Express TRX	Jessi
4:30pm	Express Cycle	Jessi
6:30pm	Express Strength	Nicole
6:30pm	Reformer+	Angela

FRIDAY

11:00am	L.I.F.T (Low Impact Functional Training)	Jeremy
12:00pm	Reformer+	Susan
5:30pm	Express Cycle	Vanessa
6:00pm	Express Strength	Vanessa
6:00pm	Reformer+	Jeremy