

EMPOWER Group Class Schedule

Revised 18 October 2018

	MON	TUE	WED	THU	FRI	SAT	SUN
7:30 AM	ELEVATE STRETCH <i>Lora</i>				INVIGORATE REFORMER <i>Lora</i>		
8:45 AM		INVIGORATE REFORMER <i>David</i>	AERIAL HAMMOCK <i>Lora</i>	INVIGORATE REFORMER <i>David</i>	RESTORE HEALING YOGA <i>Irene</i>	INVIGORATE REFORMER <i>Lora</i>	
10:00 AM	INVIGORATE REFORMER <i>David</i>	INVIGORATE REFORMER <i>Carlo</i>			JUMP REFORMER <i>David</i>	AERIAL HAMMOCK <i>Lora</i>	
11:00 AM	POST-NATAL BOOST <i>Hiroko</i>	ASCEND SUSPENSION 11:15 AM <i>Carlo</i>	INVIGORATE REFORMER <i>Lora</i>	POST-NATAL BOOST <i>Hiroko</i>			AERIAL HAMMOCK 11:45 AM <i>Irene</i>
12:15 PM	PRE-NATAL PREP <i>Hiroko</i>		RESTORE HEALING YOGA <i>Irene</i>	ASCEND SUSPENSION <i>Carlo</i>		JUMP REFORMER 12:30 PM <i>David</i>	RESTORE HEALING YOGA 1:00 PM <i>Irene</i>

LATE AFTERNOON AND EVENING SCHEDULE

	JUMP REFORMER 6:30 PM <i>Lora</i>	EMPOWER MATWORK 6:30 PM <i>Jon</i>	INVIGORATE REFORMER 6:00 PM <i>Lora</i>	INVIGORATE REFORMER 6:00 PM <i>Carlo</i>	CARDIO VIBE 5:30 PM <i>Lora</i>		
	INVIGORATE REFORMER 7:30 PM <i>Lora</i>	AERIAL HAMMOCK 7:30 PM <i>Lora</i>	ASCEND SUSPENSION 7:15 PM <i>Carlo</i>	BRAVO BALLET 7:15 PM <i>Carlo</i>			