

GROUP CLASSES

JR FRIEDRICHSHAIN

JR JOHN REED
FITNESS

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
8:00							
9:00	BARRE 09:00 - 10:00	SHAPE IT 08:30 - 09:30	CLASSICAL PILATES 09:00 - 10:00	FLOW PILATES 08:30 - 09:30			
10:00	CLASSICAL PILATES 10:00 - 11:00	POWER YOGA 09:30 - 10:30	HIP HOP BEATS 10:00 - 11:00	BARRE 09:30 - 10:30	TOTAL BODY WORKOUT 09:30 - 10:30	PUMP IT 09:30 - 10:30	
11:00			BOOTY BOOST 11:00 - 11:30		SHAPE IT 10:30 - 11:30	CLASSICAL PILATES 10:30 - 11:30	POWER YOGA 10:30 - 11:30
12:00						YIN YOGA 11:30 - 12:30	LATIN BEATS 11:30 - 12:30
13:00							
16:00							
17:00	SHAPE IT 17:00 - 18:00	TOTAL BODY WORKOUT 17:00 - 18:00	FLOW PILATES 17:00 - 18:00	BOOTY BOOST 17:00 - 17:30	YIN YOGA 17:00 - 18:00		CLASSICAL PILATES 17:00 - 18:00
18:00	PUMP IT 18:00 - 19:00	PUMP IT 18:00 - 19:00	LATIN BEATS 18:00 - 19:00	LATIN BEATS 17:30 - 18:30	TOTAL BODY WORKOUT 18:00 - 19:00		BARRE 18:00 - 19:00
19:00	TOTAL BODY WORKOUT 19:00 - 20:00	SIXPACK 19:00 - 19:30	PUMP IT 19:00 - 20:00	POWER YOGA 18:30 - 19:30	MOBILITY ZONE 19:30 - 20:00		VINYASA YOGA 19:00 - 20:00
20:00	SIXPACK 19:00 - 19:30	MOBILITY ZONE 19:30 - 20:00	VINYASA YOGA 20:00 - 21:00	HIO HOP BEATS 20:00 - 21:00	TOTAL BODY WORKOUT 19:30 - 20:30	FLOW PILATES 19:30 - 20:30	

REFORMER PILATES

JR FRIEDRICHSHAIN

JR JOHN REED
FITNESS

VORMITTAG

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
07:00	REFORMER BASIC 07:00 - 08:00			REFORMER STRONG 07:00 - 08:00			
08:00	REFORMER STRONG 08:00 - 09:00	REFORMER BASIC 08:00 - 09:00	REFORMER STRONG 08:00 - 09:00	REFORMER STRETCH 08:00 - 09:00	REFORMER BASIC 08:00 - 09:00		
09:00	REFORMER ADVANCED 09:00 - 10:00	REFORMER STRETCH 09:00 - 10:00	REFORMER ADVANCED 09:00 - 10:00	REFORMER BASIC 09:00 - 10:00	REFORMER STRETCH 09:00 - 10:00		
10:00		REFORMER STRONG 10:00 - 11:00	REFORMER BASIC 10:00 - 11:00		REFORMER STRONG 10:00 - 11:00	REFORMER BASIC 10:00 - 11:00	REFORMER STRONG 09:30 - 10:30
11:00			REFORMER STRONG 11:00 - 12:00			REFORMER STRETCH 11:00 - 12:00	REFORMER BASIC 10:30 - 11:30
12:00						REFORMER STRONG 12:00 - 13:00	REFORMER STRETCH 11:30 - 12:30

REFORMER PILATES

NACHMITTAG

JR FRIEDRICHSHAIN

JR JOHN REED
FITNESS

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
17:00	REFORMER ADVANCED 17:00 - 18:00		REFORMER BASIC 17:00 - 18:00		REFORMER STRONG 17:00 - 18:00		
18:00	REFORMER STRETCH 18:00 - 19:00	REFORMER STRONG 18:00 - 19:00	REFORMER ADVANCED 18:00 - 19:00	REFORMER STRONG 17:30 - 18:30	REFORMER ADVANCED 18:00 - 19:00		REFORMER ADVANCED 18:00 - 19:00
19:00	REFORMER STRONG 19:00 - 20:00	REFORMER ADVANCED 19:00 - 20:00	REFORMER STRETCH 19:00 - 20:00	REFORMER BASIC 18:30 - 19:30			
20:00	REFORMER BASIC 20:00 - 21:00	REFORMER BASIC 20:00 - 21:00		REFORMER STRETCH 19:30 - 20:30			

BOXING & FUNCTIONAL

JR FRIEDRICHSHAIN

JR JOHN REED
FITNESS

