

Streamline Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM - 7:00 AM	6:00 AM - 7:00 AM	6:00 AM - 7:00 AM	6:00 AM - 7:00 AM	6:00 AM - 7:00 AM	6:00 AM - 7:00 AM
***	Beg/Int Pilates Equipment Elizabeth Spiker	***	Beg Pilates Equipment Maya Christopherson	***	***
7:00 AM - 8:00 AM	7:00 AM - 8:00 AM	7:30 AM - 8:30 AM	7:00 AM - 8:00 AM	7:00 AM - 8:00 AM	7:00 AM - 8:00 AM
***	***	Beg/Int Mat Elizabeth Spiker	***	***	***
8:00 AM - 9:00 AM	8:00 AM - 9:00 AM	8:00 AM - 9:00 AM	8:00 AM - 9:00 AM	8:00 AM - 9:00 AM	7:45 AM - 8:45 AM
Beg Pilates Equipment Maya Christopherson	***	***	***	***	Adv/Int Pilates Equipment Maya Christopherson
9:00 AM - 10:00 AM	9:00 AM - 10:00 AM	9:00 AM - 10:30 AM	9:00 AM - 10:00 AM	9:00 AM - 10:00 AM	9:00 AM - 10:00 AM
Beg Pilates Equipment Eva Kauffman	Int Mat Eva Kauffman	Hatha Yoga Mary Coursey	Int Pilates Equipment Maya Christopherson	Beg Mat Lise Fischer	Beg/Int Mat Maya Christopherson
10:00 AM - 11:00 AM	10:15 AM - 11:15 AM	10:30 AM - 11:00 AM	10:15 AM - 11:15 AM	10:15 AM - 11:15 AM	10:15 AM - 11:15 AM
Int Pilates Equipment Eva Kauffman	Adv Mat Maya Christopherson	***	Adv/Int Mat Lise Fischer	Int Pilates Equipment Lise Fischer	Beg Pilates Equipment Maya Christopherson
11:00 AM - 12:00 PM	11:00 AM - 12:00 PM	11:00 AM - 12:00 PM	11:00 AM - 12:00 PM	11:00 AM - 12:00 PM	11:15 AM - 12:00 PM
***	***	Beg Pilates Equipment Lise Fischer	***	***	***
12:00 PM - 1:00 PM	12:00 PM - 1:00 PM	12:00 PM - 1:00 PM	12:00 PM - 1:00 PM	12:00 PM - 1:00 PM	12:00 PM - 1:00 PM
***	***	Adv Pilates Equipment Eva Kauffman	***	Adv Pilates Equipment Maya Christopherson	***
4:00 PM - 5:00 PM	4:00 PM - 5:00 PM	4:00 PM - 5:00 PM	4:15 PM - 5:15 PM	4:00 PM - 5:00 PM	4:00 PM - 5:00 PM
***	***	***	Teen Pilates Eva Kauffman pre-registration	***	***
5:30 PM - 6:30 PM	5:30 PM - 6:30 PM	5:30 PM - 6:30 PM	5:30 PM - 6:30 PM	5:30 PM - 6:30 PM	5:30 PM - 6:30 PM
Beg Mat Lise Fischer	Int Mat Lise Fischer	Beginning Mat Eva Kauffman	Int Mat Tarynn Richards	***	***
6:45 PM - 7:45 PM	6:30 PM - 8:00 PM	6:30 PM - 7:30 PM	6:30 PM - 8:00 PM	6:30 PM - 8:00 PM	6:30 PM - 8:00 PM
Int Pilates Equipment Lise Fischer	***	Men's Mat Tarynn Richards	***	***	***