

ABSOLUTE



*fitness
and rehab*

CLASS SCHEDULE

June 3 to July 3, 2008

We will be closed on July 4.

MONDAY

4:15-5:15 pm
Intermediate Reformer

5:15-6:15 pm
Beginner Reformer

TUESDAY

8:30-9:30 am
**Intermediate Strength
Training, Reformer,
Chair, Cadillac**

9:30-10:30 am
Intermediate Mat

WEDNESDAY

10:00-11:00 am
Gyrokinesis

5:30-6:30 pm
**Intermediate Strength
Training, Reformer,
Chair, Cadillac**

6:30-7:30 pm
Intermediate Mat

THURSDAY

9:00-10:00 pm
Beginner Mat

10:30-11:45 am
Hatha Yoga

5:30-6:45 pm
Hatha Yoga

FRIDAY

8:30-9:30 am
**Intermediate Strength
Training, Reformer,
Chair, Cadillac**

9:30-10:30 am
Intermediate Mat

626-1155

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