

Full Potential Personal Training

Time	Mon	Tue	Wed	Thu	Fri	Sat
6:30-7:30am		Pilates Fusion Sarah		Pilates Fusion Sarah		
7:00-8:00am	Mat Pilates Pat		Mat Pilates Pat		Mat Pilates Pat	
9:00-10:00am		Pilates Flex & Stretch Sarah	Hatha Yoga Roe	Pilates Fusion Sarah		Rotating Class & Instructor
5:30-6:30pm	Barre Pilates Liz					