



FULL POTENTIAL PERSONAL TRAINING

GROUP EXERCISE SCHEDULE

MONDAY

9:15 AM Pilates Flex & Stretch

TUESDAY

6:15 AM Barre Pilates

WEDNESDAY

5:30 AM 15/15/15

8:30 AM Hatha Yoga

THURSDAY

6:15 AM Pilates Fusion

SATURDAY ROTATIONS 9:00 AM

1ST SAT Barre Pilates

2ND SAT Pilates Fusion

3RD SAT Hatha Yoga

4TH SAT TRX Flex & Stretch

5TH SAT Rotating Class

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