

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
6:00 AM											
6:15 AM											
6:30 AM	6:30-7:30AM Fit Fusion Mary				6:30-7:30AM Fit Fusion Mary						
6:45 AM		6:45-7:45AM Fit Fusion Brandy									
7:00 AM											
7:15 AM											
7:30 AM											
7:45 AM											
8:00 AM			8:00-9:00AM Reformer Pilates Beginner Christy		8:00-9:00AM Hybrid-TRX/KB/CA Jon						
8:15 AM											
8:30 AM											
8:45 AM											
9:00 AM											
9:15 AM		9:15-10:15AM CoreAlign Fundamentals Jessie	9:15-10:15AM Reformer Pilates Intermediate Beth		9:15-10:15AM CoreAlign Fundamentals Jessie	9:30-10:30AM Hybrid-TRX/KB/CA Rotating Instructor					
9:30 AM											
9:45 AM											
10:00 AM											
10:15 AM											
10:30 AM	10:30-11:30AM Reformer Pilates All Levels Sarina	10:30-11:30AM CoreAlign Advanced Brandy	10:30-11:30AM Reformer Pilates Advanced Sarina	10:30-11:30AM CoreAlign Intermediate Brandy	10:30-11:30AM Reformer Pilates Advanced Jessie	1st Sat- Jessie					
10:45 AM						2nd Sat- Mary					
11:00 AM						3rd Sat- Brandy					
11:15 AM						4th Sat- Jon					
11:30 AM											
11:45 AM											
12:00 PM	12:00-1:00PM Reformer Pilates Intermediate Beth	12:00-1:00PM Boxing/Kickboxing Jon	12:00-1:00PM Fit Fusion Logan	12:00-1:00PM Boxing/Kickboxing Jon	12:00-1:00PM Fit Fusion Brandy						
12:15 PM											
12:30 PM											
12:45 PM											
1:00 PM											
1:15 PM	1:15-2:15PM CoreAlign Intermediate Brandy	1:30-2:15PM Total Barre Express Jessie			1:15-2:15PM CoreAlign Intermediate Brandy						
1:30 PM											
1:45 PM											
2:00 PM											
2:15 PM											
2:30 PM											
2:45 PM											
3:00 PM											
3:15 PM											
3:30 PM											
3:45 PM											
4:00 PM			4:00-5:00PM CoreAlign Beginner Brandy								
4:15 PM	4:15-5:15PM CoreAlign Beginner Brandy										
4:30 PM				Did you know? Save time by scheduling and paying online or by app!							
4:45 PM											
5:00 PM											
5:15 PM			5:15-6:15PM Reformer Pilates Intermediate Beth	5:30-6:30PM Boxing/Kickboxing Jon	Visit Mindbodyonline.com or download the MindBody app (NOT the Express verison!), search for 'Staszak Physical Therapy', and create your own account.						
5:30 PM	5:30-6:15PM Fit Fusion Express Brandy	5:30-6:30PM CoreAlign Fundamentals Jessie									
5:45 PM											
6:00 PM											
6:15 PM					Call us if you have any questions! (541) 505-8180						
6:30 PM	6:30-7:30PM CoreAlign Intermediate Brandy	6:30-7:30PM Reformer Pilates Beg/Int Jessie	6:30-7:30PM CoreAlign Intermediate Brandy	6:30-7:30PM Reformer Pilates Beg/Int Jessie							
6:45 PM											
7:00 PM											
7:15 PM											

