

908-286-1100

March Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00a REFORMER  5:00p REFORMER 7:00p MIXED MAT 8:00p REFORMER	2 9:15a MIXED MAT	3 9:00a TOWER/ARC  5:00p TOWER/ARC 7:00p TOWER/ARC 8:00p TOWER/ARC	4 **PLEASE NOTE**  <i>Thursday 7p Mixed Mat has been CANCELLED</i>	5 9:15a MIXED MAT	6 <b>*JOE ON THE GO*</b>  8:30a MIXED MAT 9:45a CHAIR
<b>*JOE ON THE GO*</b>  <i>Coffee and Pack &amp; Go Food Saturday, Mar. 6<sup>th</sup></i>	8 9:00a CHAIR  5:00p CHAIR 7:00p MIXED MAT 8:00p CHAIR	9 9:15a MIXED MAT	10 9:00a REFORMER  5:00p REFORMER 7:00p REFORMER 8:00p REFORMER	11	12 9:15a MIXED MAT	13 8:30a MIXED MAT 9:45a TOWER/ARC
<i>Extra Saturday Reformer class 3/20 10:45a</i>	15 9:00a TOWER/ARC  5:00p TOWER/ARC 7:00p MIXED MAT 8:00p TOWER/ARC	16 9:15a MIXED MAT	17 9:00a CHAIR  5:00p CHAIR 7:00p CHAIR 8:00p CHAIR	18	19 9:15a MIXED MAT	20 8:30a MIXED MAT 9:45a REFORMER 10:45a REFORMER
<i>Soothing Saturday is March 27<sup>th</sup></i>  Call (732) 599-4101 to schedule your massage.	22 9:00a REFORMER  5:00p REFORMER 7:00p MIXED MAT 8:00p REFORMER	23 9:15a MIXED MAT	24 9:00a TOWER/ARC  5:00p TOWER/ARC 7:00p TOWER/ARC 8:00p TOWER/ARC	25	26 9:15a MIXED MAT	27 8:30a MIXED MAT 9:45a CHAIR  Touching Lives Massage 11:15a – 5p
28	29 9:00a CHAIR  5:00p CHAIR 7:00p MIXED MAT 8:00p CHAIR	30 9:15a MIXED MAT	31 9:00a REFORMER  5:00p REFORMER 7:00p REFORMER 8:00p REFORMER	**POLICY CHANGE** <i>Effective March 1, 2010</i>  <i>If a class has only 1 student signed up 24hrs prior to the class, the student will be notified and the class will be cancelled.</i>		

\*\*\*\* 24 hour registration required prior to ALL MAT AND MACHINE classes \*\*\*\*

\*\*Instructor approval required

Reminder: We have a 24 hour client cancellation policy

Schedule subject to change without notice