



908-286-1100

July Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><i>Start your summer relaxation!</i> Soothing Saturday is July 31st Call (732) 599-4104 for an appointment.</p>			1	2 **STUDIO CLOSED**	3 **STUDIO CLOSED**
4 	5 **STUDIO CLOSED**	6 9:15a MIXED MAT	7 9:00a TOWER/ARC 5:00p TOWER/ARC 7:00p TOWER/ARC 8:00p TOWER/ARC	8	9 9:15a MIXED MAT	10 8:30a MIXED MAT 9:45a REFORMER/
11	12 9:00a REFORMER 5:00p REFORMER 7:00p MIXED MAT 8:00p REFORMER	13 9:15a MIXED MAT	14 9:00a REFORMER/JUMPBOARD 5:00p REFORMER/JUMPBOARD 7:00p REFORMER/JUMPBOARD 8:00p REFORMER/JUMPBOARD	15	16 9:15a MIXED MAT	17 8:30a MIXED MAT 9:45a CHAIR
18	19 9:00a CHAIR 5:00p CHAIR 7:00p MIXED MAT 8:00p CHAIR	20 9:15a MIXED MAT	21 9:00a TOWER/ARC 5:00p TOWER/ARC 7:00p TOWER/ARC 8:00p TOWER/ARC	22	23 9:15a MIXED MAT	24 8:30a MIXED MAT 9:45a REFORMER/JUMPBOARD
25	26 9:00a REFORMER/JUMPBOARD 5:00p REFORMER/JUMPBOARD 7:00p MIXED MAT 8:00p REFORMER/JUMPBOARD	27 9:15a MIXED MAT	28 9:00a REFORMER 5:00p REFORMER 7:00p REFORMER 8:00p REFORMER	29	30 9:15a MIXED MAT	31 8:30a MYSTERY MAKEUP 9:45a MYSTERY MAKEUP Touching Lives Massage 11:15a – 5p

**** 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