GROUP CLASS SCHEDULE

TIME	MON	TUE	WED	THU	FRI	SAT
9:00 AM		BEGINNER PROGRAM		BEGINNER PROGRAM		
10:00 AM						CONDITIONING
11:00 AM	OPEN CLASS				MAT CLASS	MAT ADV
12:00 PM	MAT + LIGHT EQUIPMENT		REFORMER		REFORMER	REFORMER ADV
1:00 PM						
2:00 PM						
3:00 PM						
4:00 PM		OPEN CLASS		OPEN CLASS		
5:00 PM					STRETCH	
6:00 PM	REFORMER	OPEN CLASS / CONDITIONING	REFORMER	OPEN CLASS		
7:00 PM				BEGINNER PROGRAM		

Schedule is subject to change without notice.
For an up to date schedule visit our website: www.sagrario.ca

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