

the Strong Body Studio

Class Schedule Spring 2012

| | 9:30 a.m. | 10:30 a.m. | 11:30 a.m. | 4:15 p.m. | 5:30 p.m. | 6:30 p.m. |
|--------|--------------------|--------------------------|-----------------------------------|--------------------|---------------------------|--------------------|
| Mon. | SpínFusion | Reformer/ Tower | | Reformer/ Tower | SpínFusion | Reformer/ Tower |
| Tues. | Reformer/ Tower | SpínFusion | | | Reformer/ Tower | SpínFusion |
| Wed. | SpínFusion | Reformer/ Tower | <i>flow/the lab</i> | Reformer/ Tower | MEN'S REFORMER | SpínFusion |
| Thurs. | Reformer/ Tower | SpínFusion | | | SpínFusion | Reformer/ Tower |
| Fri. | SpínFusion | Reformer/ Tower | | <i>Happy Hour</i> | | |
| Sat. | SpínFusion | Reformer/ Tower | SpínFusion (only if 9:30 full) | | | |
| Sun. | 10:00 a.m. | Sunday BRUNCH | | | | |

Other hours by appointment.

Go to <http://thestrongbodystudio.com> or scan the QR code to the right to schedule a session.

