



# RIVER VALLEY RANCH



Day	Time	Location	Class	Instructor
<b>Monday 4/15</b>				
	8:00 - 9:00 AM	Studio	Pilates for Everyone	Alexandra
	9:30 - 10:30 AM	Studio	Strong & Stable	Bonnie
	10:45 - 11:45 AM	Studio	Foundational Yoga	Wendy
<b>Tuesday 4/16</b>				
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Anthony
	9:30 - 10:30 AM	Studio	HIIT	Lauren
	10:45 - 11:45 AM	Studio	Pilates Blend	Natalie
	5:30 - 6:30 PM	Pool	Master Swim	Dave
<b>Wednesday 4/17</b>				
	7:30 - 8:30 AM	Studio	Mountain Morning Intermediate Flow	Wendy
	9:30 - 10:30 AM	Studio	Barre	Lauren
<b>Thursday 4/18</b>				
	8:00 - 9:00 AM	Studio	Cycling + Upper Body Strength	Susan
	9:30 - 10:30 AM	Studio	Dynamic Strength	Bonnie
	10:45 - 11:45 AM	Studio	Pilates Blend	Natalie
	5:30 - 6:30 PM	Pool	Master Swim	Dave
<b>Friday 4/19</b>				
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Anthony
	9:30 - 10:30 AM	Studio	Spin	Bonnie
<b>CANCELLED</b>	10:45 - 11:45 AM	Studio	Pilates	Elly
<b>Saturday 4/20</b>				
	9:00 - 10:00 AM	Studio	Ageless Athlete	John
<b>Sunday 4/21</b>				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	Ellen