

1789 Kirby Parkway Schedule

Summer 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am	Level 3 w/ Martha		Level 3 Cardio w/ Martha			
7:30am		Level 2 w/ Julie		Level 3 w/ Pam	Level 3 w/ Jessica/Pam	
8am						
8:30am		Level 2 w/ Martha			Level 2 w/ Amanda	Level 1/2 w/ Martha
9am						Advanced Mat w/ Staff
9:30am	Level 2 w/ Amanda		Level 3 w/ Pam	Advanced Mat w/ Amanda	*Virtual* Level 1/2 Mat w/ Nanci	Mat Flow w/ Amanda
10am						
10:30am		Level 2 w/ Martha	Fit for Life w/ Jessie	Level 3 w/ Pam	Level 3 w/ Martha	
11am	Mat Flow w/ Amanda					Fit for Life w/ Pam
11:30am						
12pm	*Virtual* Lunchtime Mat w/ Nanci	Level 3 Cardio w/ Martha	Level 2 w/ Jessie			
12:30pm				*Virtual* Lunchtime Mat w/ Nanci	Level 2 w/ Jessie	*Virtual* Lunchtime Mat w/ Nanci
1pm				Level 1 w/ Martha		
1:30pm						
2pm						
2:30pm						
3pm						
3:30pm						
4pm						
4:30pm		Level 3 w/ Martha				
5pm						
5:30pm	Mat Flow w/ Madison					
6pm			Pilates for Golf w/ Jessie		Pilates for Golf w/ Jessie	
6:30pm						

Equipment Classes
 Drop in - \$40
 5 Class Pack - \$180
 10 Class Pack - \$320

Mat Classes
 Drop in - \$20
 5 Class Pack - \$90
 10 Class Pack - \$165
 Unlimited Month - \$145

For more information call (901)753-1477 or email
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