

# MBZ REFORMER SCHEDULE

Effective: February 5, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Full Body Reformer 8:45AM Maria	Full Body Reformer 6:00AM Kyra	Full Body Reformer 8:45AM Jennifer	Full Body Reformer 9:00AM Lara	Full Body Reformer 8:45AM Jennifer	HIIT Reformer 9:15AM Lara
Full Body Reformer 9:45AM Maria	HIIT Reformer 9:00AM Lara	Full Body Reformer 9:45AM Jennifer	Full Body Reformer 10:00AM Lara	Full Body Reformer 9:45AM Jennifer	Reformer + Yoga Hybrid 10:15AM Lara
Full Body Reformer 12:00PM Deanna	Full Body Reformer 10:00AM Lara	Full Body Reformer 5:45PM Maria	Full Body Reformer 5:45PM Maria	Reformer Basics 5:45PM Lara	Sunday
Full Body Reformer 5:45PM Deanna	Prenatal Reformer* Biweekly starting 1/9/24 4:30PM Maria	Full Body Reformer 6:45PM Maria	Full Body Reformer 6:45PM Maria		
Full Body Reformer 6:45PM Deanna	Full Body Reformer 5:45PM Maria	Participants who register for reformer and no show will be subject to a \$15.00 fee per class unattended. Please unregister if unable to attend. *Classes all 55 mins unless specifically noted.			
	Full Body Reformer 6:45PM Maria				Full Body Reformer 10:15AM ROTATION
					

Grip socks required for all Reformer Classes.

Reformer Tower classes take place the last week of each month.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Full Body Reformer 8:45AM Maria	Full Body Reformer 6:00AM Kyra	Prenatal Yoga 8:00AM Marlene	Hot Power Yoga 7:00AM Ann	Full Body Reformer 8:45AM Jennifer	Mat Pilates 8:00AM Lara
Heated CHOPRA Signature Yoga 9:00AM Alfredo	Slow Flow 7:00AM Laurie	Full Body Reformer 8:45AM Jennifer	Yoga Sculpt 8:00AM Ann	Yoga Sculpt 9:00AM Sabrina	HIIT Reformer 9:15AM Lara
Full Body Reformer 9:45AM Maria	Hot Power Yoga 8:00AM Laurie	Hot Yoga & Pilates Fusion 9:00AM Marlene	Full Body Reformer 9:00AM Lara	Full Body Reformer 9:45AM Jennifer	Hot Power Yoga (75min) 9:30AM Alfredo
Warm Power & Yin Yoga 10:00AM Alfredo	HIIT Reformer 9:00AM Lara	Full Body Reformer 9:45AM Jennifer	Vinyasa Flow Yoga 9:30AM Kyra	Wall Yoga 10:15AM Terry	Reformer + Yoga Hybrid 10:15AM Lara
Mat Pilates (45min) 11:00AM Maria	Vinyasa Flow Yoga 9:30AM Julie	CHOPRA Meditation 10:00AM Marlene	Full Body Reformer 10:00AM Lara	Mat Pilates (45min) 11:00AM Jennifer	Wall Yoga 11:00AM Joanne
Full Body Reformer 12:00PM Deanna	Full Body Reformer 10:00AM Lara	Wall Yoga 10:15AM Terry	Warm Power & Yin Yoga 5:45PM Julie	Vinyasa Flow Yoga 5:45PM Joanne	<b>Sunday</b>
Full Body Reformer 5:45PM Deanna	Hot Power Yoga 5:45PM Julie/Marlene	Mat Pilates (45min) 11:00AM Jennifer	Full Body Reformer 5:45PM Maria	Reformer Basics 5:45PM Lara	Vinyasa Flow Yoga 9:00AM Alfredo
Wall Yoga 6:00PM Joanne	Prenatal Reformer* Biweekly starting 1/9/24 4:30PM Maria	Full Body Reformer 5:45PM Maria	Yoga Sculpt 6:30PM Marlene	Aerial Yoga + Meditation (75min) 6:00PM Marlene	Full Body Reformer 9:15AM ROTATION
Full Body Reformer 6:45PM Deanna	Full Body Reformer 5:45PM Maria	Aerial Yoga + Meditation (75min) 6:00PM Deanna	Full Body Reformer 6:45PM Maria	CHOPRA Yin Yoga & Sound Healing 6:45PM Joanne	CHOPRA Meditation 10:00AM Maria
CHOPRA Yin Yoga & Sound Healing 7:00PM Joanne	Full Body Reformer 6:45PM Maria	Hot Power Yoga 6:30PM Joanne			Full Body Reformer 10:15AM ROTATION
	CHOPRA Meditation 7:00PM Thaisa	Full Body Reformer 6:45PM Maria			Slow Flow Yoga (75min) 5:00PM Julie
		CHOPRA Sound Healing & Meditation 7:30PM Dena			

## LOCATION KEY

Mind Body Zone Studio 1

Mind Body Zone Studio 2 (Aerial)

Mind Body Zone Reformer Studio

\*Classes all 55 mins unless specifically noted.  
\*CHOPRA Signature classes utilize essential oils.  
\*Grip socks required for all Reformer Classes.  
\*T-shirts/sleeved tops required for Aerial.  
\*No jewelry permitted in Aerial classes.