



May Class Schedule

Fitness Center
775-849-9396

Please RSVP with the Fitness Center front desk to reserve your spot in Pilates and Spin.

May Hours of Operation

Monday - Friday 5:30 am - 7 pm Saturday & Sunday 7 am - 7 pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Spin 6:00am Jump Pilates 8:30am Gentle Yoga 9:00am Reformer 9:30am Tai Chi 10:30am	2 T.B.S. 6:00am Reformer Pilates 7:30am Spin 8:00am Barre Fusion 8:30am Gentle Yoga 9:00am Reformer Pilates 9:30am	3 Spin 6:00am Gentle Reformer 7:30am TRX 7:30am Gentle Yoga 9:00am Jump Pilates 8:30am Spin 6:00pm	4 T.B.S. 6:00am Reformer Pilates 7:30am Spin 8:00am Barre Fusion 8:30am Gentle Yoga 9:00am Reformer Pilates 9:30am	5 Spin 6:00am Yin Yoga 9:00am Reformer Pilates 9:30am	6 Spin 7:00am Spin 8:30am TRX 10:00am
7	8 Spin 6:00am Jump Pilates 8:30am Gentle Yoga 9:00am Reformer 9:30am Tai Chi 10:30am Spin 6:00pm	9 T.B.S. 6:00am Reformer Pilates 7:30am Spin 8:00am Barre Fusion 8:30am Gentle Yoga 9:00am Reformer Pilates 9:30am Tai Chi 10:30am	10 Spin 6:00am Gentle Reformer 7:30am TRX 7:30am Gentle Yoga 9:00am Jump Pilates 8:30am Spin 6:00pm	11 T.B.S. 6:00am Reformer Pilates 7:30am Spin 8:00am Barre Fusion 8:30am Gentle Yoga 9:00am Reformer Pilates 9:30am Tai Chi 10:30am	12 Spin 6:00am Yin Yoga 9:00am No Pilates	13 Spin 7:00am Spin 8:30am TRX 10:00am
14	15 Spin 6:00am Jump Pilates 8:30am Gentle Yoga 9:00am Reformer 9:30am Tai Chi 10:30am Spin 6:00pm	16 T.B.S. 6:00am Reformer Pilates 7:30am Spin 8:00am Barre Fusion 8:30am Gentle Yoga 9:00am Reformer Pilates 9:30am Tai Chi 10:30am	17 Spin 6:00am Gentle Reformer 7:30am TRX 7:30am Gentle Yoga 9:00am Jump Pilates 8:30am Spin 6:00pm	18 T.B.S. 6:00am Reformer Pilates 7:30am Spin 8:00am Barre Fusion 8:30am Gentle Yoga 9:00am Reformer Pilates 9:30am Tai Chi 10:30am	19 Spin 6:00am Pilates w/ Props 8:00am Yin Yoga 9:00am Pilates 9:30am	20 Spin 7:00am Spin 8:30am TRX 10:00am
21	22 Spin 6:00am Jump Pilates 8:30am Gentle Yoga 9:00am Reformer 9:30am Tai Chi 10:30am	23 T.B.S. 6:00am Reformer Pilates 7:30am Spin 8:00am Barre Fusion 8:30am Gentle Yoga 9:00am Reformer Pilates 9:30am	24 Spin 6:00am Gentle Reformer 7:30am TRX 7:30am Gentle Yoga 9:00am Jump Pilates 8:30am Spin 6:00pm	25 T.B.S. 6:00am Reformer Pilates 7:30am Spin 8:00am Barre Fusion 8:30am Gentle Yoga 9:00am Reformer Pilates 9:30am	26 Spin 6:00am Yin Yoga 9:00am No Pilates	27 Spin 7:00am Spin 8:30am TRX 10:00am
28	29 Spin 6:00am Jump Pilates 8:30am Gentle Yoga 9:00am Reformer 9:30am Tai Chi 10:30am	30 T.B.S. 6:00am Reformer Pilates 7:30am Spin 8:00am Barre Fusion 8:30am Gentle Yoga 9:00am Reformer Pilates 9:30am	31 Spin 6:00am Gentle Reformer 7:30am TRX 7:30am Gentle Yoga 9:00am Jump Pilates 8:30am Spin 6:00pm			

Failure to give 24 hour notice will result in full charge to the Membership.

View class schedule online at www.montreuxgolf.com Members Only website—
Fitness page.