

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am	Semi-Private/Private on Equipment By Appointment	Semi-Private/Private on Equipment By Appointment	Semi-Private/Private on Equipment By Appointment (Kathy) 30 Min. Beg/Int. Group Mat (Richelle)	Semi-Private/Private on Equipment By Appointment	Semi-Private/Private on Equipment By Appointment (Kathy) 30 Min. Beg/Int. Group Mat (Richelle)	
10:00am	Semi-Private/Private on Equipment By Appointment	Semi-Private/Private on Equipment By Appointment (Richelle)	Semi-Private/Private on Equipment By Appointment	Semi-Private/Private on Equipment By Appointment (Richelle)	Semi-Private/Private on Equipment By Appointment	WCA Athlete 30 Min. Mat and Stretch Class (Richelle)
10:30 am		30 Min. Beg/Int. Group Mat (Kathy)		30 Min. Beg/Int. Group Mat (Kathy)		
11:00am	Semi-Private/Private on Equipment By Appointment	Semi-Private/Private on Equipment By Appointment	Semi-Private/Private on Equipment By Appointment	Semi-Private/Private on Equipment By Appointment	Semi-Private/Private on Equipment By Appointment	55 Min. Tower Class (Richelle)
12:00 Noon		Semi-Private/Private on Equipment By Appointment		Semi-Private/Private on Equipment By Appointment		
4:00pm	WCA Athlete Mat 30 Min. Beg/Int. Group Mat (Richelle)	WCA Athletes Mat 30 Min. Beg/Int. Group Mat (Richelle) Semi-Priv./Privates on Equip by Appointment (Kathy)	WCA Athlete Mat 30 Min. Beg/Int. Group Mat (Richelle) Semi-Priv./Privates on Equip by Appointment (Kathy)	WCA Athletes Mat 30 Min. Beg/Int. Group Mat (Richelle) Semi-Priv./Privates on Equip by Appointment (Kathy)	WCA Athlete Mat 30 Min. Beg/Int. Group Mat (Richelle)	
4:30 pm		Semi-Priv./Privates on Equip by Appointment (Richelle)			55 Min. Tower Class (Richelle)	
5:00pm	Semi-Private/Privates on Equipment By Appointment (Richelle)	55 Min. Tower Class (Kathy)	Semi-Private/Privates on Equipment By Appointment (Richelle) 55 Min. Tower Class (Kathy)	55 Min. Tower Class (Kathy)		
6:00pm	55 Min. Tower Class (Richelle)	Semi-Private/Privates on Equipment By Appointment (Richelle) 55 Min. Tower Class (Kathy)	Semi-Private/Privates on Equipment By Appointment (Kathy) 55 Min. Tower Class (Richelle)	55 Min. Tower Class (Kathy)	55 Min. Tower Class (Richelle)	
7:00pm	30 Min. Beg/Int. Group Mat (Richelle)	30 Min. Beg/Int. Group Mat (Richelle)	30 Min. Beg/Int. Group Mat (Kathy)	30 Min. Beg/Int. Group Mat (Kathy)		
7:30pm	55 Min. Tower Class (Richelle)	55 Min. Tower Class (Kathy)	55 Min. Tower Class (Richelle)	55 Min. Tower Class (Kathy)	55 Min. Tower Class (Richelle)	

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- **Private Equipment Sessions are available By Appointment. Call or Text (951) 316-2916**
 - Prerequisite: A one-time Introductory Private on Equipment \$25
 - Prerequisite: A one-time Introductory Private on Tower \$25
 - Privates on Equipment are 35min or 55min depending on package purchased
- Beg/Int. Group & all WCA Athlete Mat classes are 30 min.
- Advanced Group Mat classes are 55 min.
- Private Mat Sessions are available upon request
- All packages expire 30 days from purchase
- **12 hour cancellation policy** applies to all group classes, and private sessions.