

# SMALL GROUP TRAINING

## MONDAY

5:45-6:45A BC **MST** Shelby Chadd (add-on class | \$50)

6:00-7:00A PS **Reformer-All Levels** Taylor Deeds

9:00-10:00A PS **Reformer-Level 2** Kerstin Robertson

5:00-6:00P PS **Reformer-Level 1** Shelby Chadd

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## TUESDAY

6:00-7:00A BC **MST** Dylan Schoening

8:00-9:00A PS **Reformer-Level 1** Kerstin Robertson

12:00-1:00P PS **Reformer-All Levels** Kerstin Robertson

6:30-7:30P PS **Reformer-Level 2** Taylor Deeds

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## WEDNESDAY

5:00-6:00P PS **Reformer-All Levels** Kerstin Robertson

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## THURSDAY

12:00-1:00P PS **Reformer-All Levels** Denise Sarver

6:00-6:30P PS **Reformer-All Levels** Denise Sarver

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## FRIDAY

6:00-7:00A BC **MST** Dylan Schoening

6:00-7:00A PS **Reformer-All Levels** Kerstin Robertson

9:00-10:00A PS **Reformer-All Levels** Shelby Chadd

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## SATURDAY

9:00-10:00A PS **Reformer-All Levels** Denise Sarver

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\*SGT & Pilates are fee-based classes,  
Sign up is required via MyWoodside.