

PAUSE STUDIO CLASS SCHEDULE

3172 Morgan Ford Road
Tower Grove

Open Level

Level 2

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

- 8:00 am Equipment Class
- 9:00 am Equipment Class
- 10:00 am Equipment Class

- 6:00 am Athletic Reformer
- 7:00 am Equipment Class
- 8:00 am Athletic Reformer
- 9:00 am Equipment Class
- 10:00 am Reformer/Jumpboard (Alternating Mondays)
- 10:00 am Intro + Level 1 Equipment (Alternating Mondays)
- 12:00 pm Chair
- 3:30 pm Equipment Class
- 4:30 pm Equipment Class
- 5:30 pm Equipment Class
- 6:30 pm Equipment Class

- 6:30am Reformer/ Mat
- 7:30 am Reformer/ Mat
- 8:30 am Equipment Class
- 9:30 am Equipment Class
- 10:30 am Equipment Class
- 11:30 am Reformer/ Jumpboard
- 12:30 pm Equipment Class
- 4:30 pm Classical Flow
- 5:30 pm Equipment Class
- 6:30 pm Equipment Class

- 6:00 am Equipment Class
- 7:00 am Equipment Class
- 8:00 am Equipment Class
- 9:00 am Athletic Reformer
- 10:00 am Equipment
- 11:00 am Tower
- 12:00 pm Equipment Class
- 3:30 pm Equipment Class
- 4:30 pm Equipment Class
- 5:30 pm Equipment Class
- 6:30 pm Equipment Class

- 6:00 am Equipment Class
- 7:00 am Equipment Class
- 8:30 am Equipment Class
- 9:30 am Equipment Class
- 10:30 am Reformer/ Jumpboard
- 11:30 am Equipment Class
- 4:30 pm Equipment Class
- 5:30 pm Equipment Class

- 6:00 am Athletic Reformer
- 7:00 am Equipment Class
- 8:00 am Athletic Reformer
- 9:00 am Equipment Class
- 10:00 am Equipment
- 11:00 am Equipment Class
- 12:00 pm Equipment Class
- 1:00 pm Intro + Level 1 Equipment Class

- 7:00 am Equipment Class
- 8:00 am Reformer/ Jumpboard
- 9:00 am Chair
- 10:00 am Tower
- 11:00 am Equipment Class
- 12:00 am Equipment Class

STUDIO II Schedule 

STUDIO II CLASS SCHEDULE

4662 Washington Ave
Central West End

Open Level

Specialty Class

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

9:00 am
MELT
(select Sundays)

10:00 am
MELT
(select Sundays)

6:00 am
Equipment Class

7:00 am
MELT-lates

8:00 am
Equipment Class

9:00 am
Equipment Class

10:00 am
MELT-lates

10:00 am
Spine Corrector + Barrels

11:00 am
Chair

12:00 pm
Spine Corrector + Barrels

3:00 pm
Equipment Class

4:00 pm
Equipment Class

5:00 pm
Spine Corrector + Barrels

3:30 pm
Equipment Class

4:30 pm
Equipment Class

5:30 pm
MELT-lates

6:30 pm
Equipment Class

5:00 pm
Equipment Class

4:00 pm
Equipment Class

5:00 pm
Equipment Class

6:00 pm
Equipment Class

NOTE:
Equipment Class at STUDIO II
currently includes Chair, Spine
Corrector, Arc Barrels, and small
props

PAUSE STUDIO Schedule
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