

CLASS SCHEDULE

April 2019 Subject to change. Please visit chelseapiers.com/fitness for the most up-to-date schedule.



Updated 04/04/2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:00 - 6:45am Breakaway Performance Juggy	6:30 - 7:15am AMP'D Juggy	7:00 - 8:15am Vinyasa Yoga Paulo Hudson	6:30 - 7:15am AMP'D Mike Nicholson	7:15 - 8:00am Breakaway Performance Juggy	9:00 - 9:45am TRX Training Viveca Williams	9:45 - 11:15am Vinyasa Yoga Adrienne Burke
	7:00 - 7:45am AMP'D Juggy	7:00 - 8:00am Hot Vinyasa Yoga Basak Gunaydin	7:15 - 8:00am Breakaway Jen Tallman	7:00 - 8:00am Hot Vinyasa Yoga Kirra Michel	7:00 - 8:15am Vinyasa Yoga Paulo Hudson	9:00 - 10:30am Vinyasa Yoga Paulo Hudson	10:00 - 11:00am Prime Barre Jessica Sander
	7:00 - 7:45am Hot Pilates Mat Jessica Sander	7:00 - 8:00am Total Barre Emily Cochrane	7:30 - 8:30am Total Barre Ruth Kavanagh	7:30 - 8:30am Total Barre Meaghan Ewchuk	7:30 - 8:30am Total Barre Emily Cochrane	10:00 - 10:45am Breakaway Performance Juggy	10:00 - 10:45am Breakaway Dolores Munoz
	7:00 - 8:15am Vinyasa Yoga Paulo Hudson	8:00 - 8:45am Breakaway Video Danny Viera	9:30 - 10:30am Yoga Foundations Joan Klyhn	8:00 - 8:45am Breakaway Video Danny Viera	9:30 - 10:30am Yoga Foundations Joan Klyhn	10:00 - 10:45am Tread&Shred Viveca Williams	10:15 - 11:15am Pilates Mat I Marie Strevens
	9:00 - 9:45am Breakaway Performance Andrew Kalley	8:25 - 9:25am Pilates Mat I Marie Strevens	10:45 - 11:45am Fresh Start Sharone Huey	8:30 - 9:30am Pilates Mat I Marie Strevens	9:30 - 10:30am Pilates Mat I Melissa Mcnamara	10:00 - 11:00am Isostretch Tabbitha Martinez-Reyes	11:00 - 11:45am Breakaway Performance Dolores Munoz
	10:30 - 11:45am Restorative Yoga Danielle Prager	9:35 - 10:50am Iyengar Yoga Neta Katz	10:30 - 11:30am Isostretch Ryan Ho	10:30 - 11:30am Water Works Maria Meredith	10:30 - 11:15am TRX Training Viveca Williams	11:00 - 11:45am Breakaway Performance Juggy	11:00 - 12:00pm IMPACT Gary Stark
	10:45 - 11:45am Fresh Start Sharone Huey	10:30 - 11:15am TRX Training Viveca Williams		10:30 - 11:45am Restorative Yoga Danielle Prager	10:45 - 11:45am Fresh Start Sharone Huey	11:00 - 12:00pm ZUMBA Laura Wagner	11:15 - 12:00pm Beach Circuit Tabbitha Martinez-Reyes
	10:30 - 11:30am Water Works Ryan Ho				11:15 - 12:15pm Total Barre Emily-Ann Little	11:15 - 12:15pm Total Barre Jessica Sander	
					11:30 - 12:15pm Beach Circuit Mike Nicholson	11:30 - 12:30pm Yoga Foundations Adrienne Burke	
						11:30 - 12:30pm Power Hour Dana Snyder	
LUNCH	12:00 - 12:30pm ABSolution Jessica Sander	12:00 - 1:00pm IMPACT Hayat Sam	12:00 - 12:30pm ABSolution Jessica Sander	12:00 - 1:00pm IMPACT Hayat Sam	12:00 - 12:30pm ABSolution Viveca Williams	12:15 - 1:00pm Water Works Jhonatan Cabreja	12:15 - 12:45pm SURF Kids Tabbitha Martinez-Reyes
	12:30 - 1:15pm Breakaway Brooke Mullen	12:30 - 1:15pm Breakaway Performance Andrew Kalley	12:00 - 1:00pm IMPACT Gary Stark	12:00 - 1:00pm Total Barre Scarlett Jonson	12:30 - 1:15pm Breakaway Eric Lawrence	12:30 - 1:30pm Hot Vinyasa Yoga Asia Lewis	12:30 - 1:15pm AMP'D Juggy
	12:30 - 1:30pm Sculpt3D Jessica Sander	12:30 - 1:30pm Sculpt3D Viveca Williams	12:30 - 1:15pm Breakaway Dolores Munoz	12:30 - 1:15pm Breakaway Performance Andrew Kalley	12:30 - 1:30pm Hot Vinyasa Yoga Kathy Salvo	12:30 - 1:30pm Beach Volleyball Beg Kevin Edwards	12:45 - 1:45pm Intro Pilates Reformer Jessica Sander
	12:30 - 1:30pm Vinyasa Yoga Danielle Prager	12:30 - 1:30pm Hot Vinyasa Yoga Suzanne Taylor	12:30 - 1:30pm Hot Vinyasa Yoga Danielle Prager	12:30 - 1:30pm Power Hour Viveca Williams	12:30 - 1:30pm Sculpt3D Viveca Williams	1:30 - 2:30pm Pilates Mat II Juel Bedford	
		12:30 - 1:30pm Sculpt3D Jessica Sander	12:30 - 1:30pm Hot Vinyasa Yoga Alyssa Magsano				
EVENING	5:30 - 6:15pm Beach Circuit Mike Nicholson	5:30 - 6:15pm Hot Pilates Mat Jessica Sander	6:00 - 7:00pm Total Barre Jessica Sander	6:00 - 7:00pm Total Barre Emily-Ann Little	5:00 - 6:00pm Hip Hop Hot Yoga Kathy Salvo	3:30 - 5:00pm Vinyasa Yoga Danielle Prager	4:30 - 6:00pm Hatha Yoga Ted Ryan
	6:00 - 6:45pm Sculpt3D Duant Cooley	6:30 - 7:15pm Sculpt3D Jessica Sander	6:30 - 7:15pm TRX Training Ryan Ho	6:30 - 7:15pm Breakaway Matthew Bondy	6:00 - 6:45pm AMP'D Duant Cooley		5:00 - 6:00pm Hip Hop Hot Yoga Nicholas "Quazzy" Herd
	6:00 - 7:00pm Total Barre Emily-Ann Little	6:30 - 7:30pm Tread&Shred Viveca Williams	6:30 - 7:15pm AMP'D Mike Nicholson	6:30 - 7:30pm Tread&Shred Viveca Williams	6:00 - 7:00pm Total Barre Scarlett Jonson		
	6:30 - 7:15pm TRX Training Ryan Ho	6:30 - 7:45pm Vinyasa Yoga Danielle Prager	6:30 - 7:15pm Breakaway Performance Juggy	6:30 - 7:45pm Vinyasa Yoga Danielle Prager	6:30 - 7:30pm IMPACT Gary Stark		
	6:30 - 7:30pm Hot Vinyasa Yoga Kirra Michel	7:00 - 7:45pm Breakaway Melora Storm	6:30 - 7:30pm Beach Volleyball Beginner Kevin Edwards	7:00 - 8:00pm IMPACT DaMond Taylor	6:30 - 8:00pm Vinyasa Yoga Paulo Hudson		
	6:45 - 7:15pm ABSolution Duant Cooley	7:00 - 8:00pm IMPACT Gary Stark	6:30 - 8:00pm Vinyasa Yoga Paulo Hudson	7:00 - 8:00pm Swim for Fitness Slava Santoriello	6:30 - 8:30pm Beach Volleyball Int Kevin Edwards		
	6:30 - 7:15pm Breakaway Brooke Mullen	7:00 - 8:00pm Hot Vinyasa Yoga Kirra Michel	7:30 - 8:15pm TRX Training Mike Nicholson	7:15 - 8:15pm Pilates Mat I Bonnie Crellin			
	7:00 - 7:45pm AMP'D Mike Nicholson	7:20 - 8:20pm Power Hour Jessica Sander	7:30 - 8:30pm Hip Hop Hot Yoga Nicolas de Alejo				
	7:15 - 8:15pm Pilates Mat I Bonnie Crellin						
	7:30 - 8:45pm Vinyasa Yoga Gillian Gossow						
8:00 - 8:45pm TRX Training Mike Nicholson							
PAID PROGRAMS		5:45 - 7:45am Masters Swim Michael Sabala	7:00 - 8:15am Masters Swim Michael Sabala	6:00 - 7:00pm Intermediate Swim Slava Santoriello	6:30 - 8:00pm Masters Swim Roger Almeida	9:00 - 10:30am Masters Swim Slava Santoriello	11:30am - 12:30pm Pilates Reformer I Marie Strevens
		9:30 - 10:30am Pilates Reformer II Mariola Briales	7:00 - 8:30pm Masters Swim Michael Sabala	7:00 - 8:15am Masters Swim Michael Sabala			4:30 - 5:30pm Beginner Swim Slava Santoriello
		12:00 - 1:00pm Masters Swim Michael Sabala		7:00 - 8:00am Pilates Reformer II Jessica Sander			5:30 - 7:00pm Masters Swim Slava Santoriello
		6:30 - 7:30pm Pilates Reformer I Melissa McNamara		11:00 - 12:00pm Pilates Reformer I Jessica Sander			
		7:00 - 8:30pm Masters Swim Michael Sabala		12:00 - 1:00pm Masters Swim Michael Sabala			