



Fall 2023 - Class Schedule

SIERRA SYMMETRY
 11209 Brockway Road, Suite 107
 Truckee CA 96161
www.sierrasymmetry.com
 530-263-2074

ATHLETIC REFORMER
RESTORATIVE REFORMER
BARRE
MAT PILATES
TRX

Private and semi-private Pilates sessions are also available 7 days per week!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7 am Athletic Reformer - Nancy		7 am Athletic Reformer - Nancy		
9 am TRX - Angela		9 am Restorative Reformer - Cheree	9 am Pilates Mat - Cheree	9 am Restorative Reformer - Cheree	9 am Barre - Cheree	9 am Pilates Mat - Cheree
10 am Athletic Reformer - Angela		10 am Restorative Reformer - Cheree		10 am Restorative Reformer - Cheree		10 am Restorative Reformer - Cheree
11 am Restorative Reformer - Angela	11 am Restorative Reformer - Cheree	11 am Barre - Cheree		11 am Private Reformer - Cheree	11 am Restorative Reformer - Cynthia	11 am Athletic Reformer - Cheree
	12 pm Athletic Reformer - Cheree		12 pm Athletic Reformer - Cynthia		12 pm Athletic Reformer - Cheree	
	4 pm Restorative Reformer - Nancy		4 pm Restorative Reformer - Nancy	4 pm Athletic Reformer - Nancy		

ALL CLASSES ARE 50 MINUTES & MUST BE BOOKED IN ADVANCE

Book your class at www.SierraSymmetry.com, via the MIND BODY website or APP, or text Cheree at 530-263-2074

Classes without registered clients are subject to cancellation 2 hour prior to start time (early morning classes may be cancelled the night before)