

GROUP CLASS SCHEDULE

Monday

	PILATES LEVEL	
8:00	PILATES REFORMER	BEG/INTER
9:00	PILATES REFORMER	BEGN.
10:00		
11:00	PRIVATE SESSIONS	
12:00	PRIVATE SESSIONS	
1:00	PRIVATE SESSIONS	
2:00	PRIVATE SESSIONS	
3:00		
4:00		
5:30	PILATES/ REFORMER /CHAIR	INTER
6:30	PILATES/REFORMER	BEGN

Wednesday

	PILATES LEVEL	
8:00	PILATES REFORMER	BEG./INTER.
9:00	PILATES REFORMER	BEGIN
10:00		
11:00	PRIVATE SESSIONS	
12:00	PRIVATE SESSIONS	
1:00	PRIVATE SESSIONS	
2:00	PRIVATE SESSIONS	
3:00		
4:00		
5:30	PILATES REFORMER/CHAIR	INTER/ADV
6:30	PILATES REFORMER	BEGN

Friday

	PILATES LEVEL	
8:00		
9:00	PILATES REFORMER	ADV
10:00	PILATES REFORMER	BEG
11:00		
12:00		
1:00		
2:00		
3:00	PRIVATE SESSIONS	
4:00	PRIVATE SESSIONS	
5:00	PRIVATE SESSIONS	
6:00		

Tuesday

	PILATES LEVEL	
8:00		
9:00	PILATES REFORMER	BEG.
10:00		
11:00	PILATES CHAIR	BEG
12:00	PRIVATE SESSIONS	
1:00	PRIVATE SESSIONS	
2:00	PRIVATE SESSIONS	
3:00	PRIVATE SESSIONS	
4:30	PILATES REFORMER	BEGIN
5:30	PILATES REFORMER/CHIR	BEG/INT
6:00		

Thursday

	PILATES LEVEL	
8:00		
9:00	PILATES REFORMER	BEG.
10:00		
11:00	PRIVATE SESSIONS	
12:00	PRIVATE SESSIONS	
1:00	PRIVATE SESSIONS	
2:00	PRIVATE SESSIONS	
3:00		
4:30	PILATES REFORMER	BEG.
5:30	PILATES REFORMER	INTER
6:00		

Saturday/Sunday

	PILATES LEVEL	
8:00		
9:00	TBD	
10:00		
11:00		
12:00		
1:00		
2:00		
3:00		
4:00		
5:00		
6:00		