

Pilates Class Schedule

Time	Mon	Tue	Wed	Thu	Fri	Sat
5:30am						
6:30am	REFORMER ESSENTIALS PLUS	REFORMER ESSENTIALS PLUS		REFORMER ESSENTIALS PLUS		
7:30am						
8:00am						REFORMER ESSENTIALS PLUS
8:30am	REFORMER ESSENTIALS PLUS	REFORMER MASTERY	REFORMER ESSENTIALS PLUS	REFORMER MASTERY	REFORMER MASTERY	
9:00am						REFORMER ESSENTIALS PLUS
9:30am	REFORMER MASTERY		REFORMER ESSENTIALS PLUS		REFORMER ESSENTIALS PLUS	
10:00am						REFORMER FOUNDATIONS
10:30am						
11:00am						
1:00pm	REFORMER ESSENTIALS PLUS					
4:15pm		REFORMER ESSENTIALS PLUS	REFORMER ESSENTIALS PLUS	REFORMER ESSENTIALS PLUS		
5:15pm		REFORMER FOUNDATIONS	REFORMER ESSENTIALS PLUS	REFORMER FOUNDATIONS		
6:00pm						