

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2
6:30am	6:30AM 4:1 Studio Pilates STUDIO 1		6:30AM 4:1 Studio Pilates STUDIO 1			6:30AM Group Reformer STUDIO 2	6:30AM 4:1 Studio Pilates STUDIO 1		6:30AM 4:1 Studio Pilates STUDIO 1	6:30AM Group Reformer STUDIO 2		
7:00am												
7:30am	7:30AM 4:1 Studio Pilates STUDIO 1				7:30AM 4:1 Studio Pilates STUDIO 1		7:30AM 4:1 Studio Pilates STUDIO 1		7:30AM 4:1 Studio Pilates STUDIO 1		7:30AM Group Reformer STUDIO 2	
8:00am												
8:30am			8:00AM 4:1 Studio Pilates STUDIO 1									
9:00am	9:00AM 4:1 Studio Pilates STUDIO 1		9:00AM 4:1 Studio Pilates STUDIO 1	9:00AM Private Class STUDIO 2			9:00AM 4:1 Studio Pilates STUDIO 1		8:30AM 4:1 Studio Pilates STUDIO 1		8:30AM Group Reformer STUDIO 2	
9:30am					9:30AM 4:1 Studio Pilates STUDIO 1				9:30AM 4:1 Studio Pilates STUDIO 1			
10:00am	10:00AM 4:1 Studio Pilates STUDIO 1		10:00AM 4:1 Studio Pilates *Parent Friendly* STUDIO 1	10:00AM Group Reformer STUDIO 2			10:00AM 4:1 Studio Pilates STUDIO 1	10:00AM Group Reformer STUDIO 2			9:30AM Group Reformer STUDIO 2	
10:30am					10:30AM 4:1 Studio Pilates STUDIO 1				10:30AM 4:1 Studio Pilates *Parent Friendly* STUDIO 1	10:30AM Group Reformer STUDIO 2		
11:00am	11:00AM 4:1 Studio Pilates *Parent Friendly* STUDIO 1		11:00AM 4:1 Studio Pilates STUDIO 1				11:00AM 4:1 Studio Pilates *Parent Friendly* STUDIO 1					
11:30am												
12:00pm												
12:30pm		12:30PM Private Class STUDIO 2		12:30PM Group Reformer STUDIO 2								
1:00pm												
1:30pm			1:30PM 4:1 Studio Pilates STUDIO 1		1:30PM 4:1 Studio Pilates STUDIO 1							
2:00pm												
2:30pm	2:30PM 4:1 Studio Pilates STUDIO 1		2:30PM 4:1 Studio Pilates STUDIO 1		2:30PM 4:1 Studio Pilates STUDIO 1							
3:00pm							3:00PM 4:1 Studio Pilates STUDIO 1	3:00PM Private Class STUDIO 2				
3:30pm												
4:00pm	4:00PM 4:1 Studio Pilates STUDIO 1		4:00PM 4:1 Studio Pilates STUDIO 1	4:00PM Private Class STUDIO 2	4:00PM 4:1 Studio Pilates STUDIO 1		4:00PM 4:1 Studio Pilates STUDIO 1					
4:30pm												
5:00pm	5:00PM 4:1 Studio Pilates STUDIO 1		5:00PM 4:1 Studio Pilates STUDIO 1	5:00PM Group Reformer STUDIO 2	5:00PM 4:1 Studio Pilates STUDIO 1		5:00PM 4:1 Studio Pilates STUDIO 1					
5:30pm												
6:00pm	6:00PM 4:1 Studio Pilates STUDIO 1		6:00PM 4:1 Studio Pilates STUDIO 1		6:00PM 4:1 Studio Pilates STUDIO 1	6:00PM Group Reformer STUDIO 2	6:00PM 4:1 Studio Pilates STUDIO 1	6:00PM Group Reformer STUDIO 2				
6:30pm												
7:00pm	7:00PM 4:1 Studio Pilates STUDIO 1			7:00PM Group Mat STUDIO 2	7:00PM 4:1 Studio Pilates STUDIO 1	7:00PM Group Reformer STUDIO 2		7:00PM Group Mat STUDIO 2				
7:30pm												

CLASS SCHEDULE



4:1 STUDIO PILATES



4:1 STUDIO PILATES
PARENT FRIENDLY



GROUP REFORMER CLASS



GROUP MAT CLASS



PRIVATE CLASS