

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 Starts MARCH	6:30AM 4:1 Studio Pilates	7:30AM 4:1 Studio Pilates	6:30AM 4:1 Studio Pilates	6:30AM Group Reformer Open/All Levels	6:30AM 4:1 Studio Pilates		6:30AM 4:1 Studio Pilates	6:30AM Group Reformer Starts MARCH Open/All Levels		
7:00am											
7:30am	7:30AM 4:1 Studio Pilates	7:30AM 4:1 Studio Pilates	7:30AM 4:1 Studio Pilates			7:30AM 4:1 Studio Pilates		7:30AM 4:1 Studio Pilates			7:00AM Group Reformer Inter/Adv
8:00am											
8:30am											
9:00am	9:00AM 4:1 Studio Pilates	8:30AM 4:1 Studio Pilates	9:30AM 4:1 Studio Pilates	9:30AM 4:1 Studio Pilates		9:00AM 4:1 Studio Pilates		8:30AM 4:1 Studio Pilates			8:00AM Group Reformer Open/All Levels
9:30am											
10:00am	10:00AM 4:1 Studio Pilates	9:30AM 4:1 Studio Pilates	10:30AM 4:1 Studio Pilates (Parent Friendly)	10:30AM 4:1 Studio Pilates		10:00AM 4:1 Studio Pilates		9:30AM 4:1 Studio Pilates			9:00AM Group Reformer Essentials
10:30am											
11:00am	11:00AM 4:1 Studio Pilates (Parent Friendly)	11:00AM Group Reformer Essentials				11:00AM 4:1 Studio Pilates (Parent Friendly) Starts MARCH		10:30PM Private Class			
11:30am											
12:00pm								12:00PM Group Reformer Essentials Starts MARCH			
12:30pm											
1:00pm				1:30PM Group Reformer Starts MARCH Open/All Levels							
1:30pm				1:30PM 4:1 Studio Pilates		1:30PM 4:1 Studio Pilates					
2:00pm				2:30PM 4:1 Studio Pilates		2:30PM 4:1 Studio Pilates					
2:30pm											
3:00pm								3:00PM 4:1 Studio Pilates			
3:30pm											
4:00pm	4:00PM 4:1 Studio Pilates	4:00PM 4:1 Studio Pilates	4:00PM 4:1 Studio Pilates	4:00PM 4:1 Studio Pilates		4:00PM 4:1 Studio Pilates					
4:30pm											
5:00pm	5:00PM 4:1 Studio Pilates	5:00PM Group Mat Open/All Levels	5:00PM 4:1 Studio Pilates	5:00PM Group Reformer Foundations/Intermediate		5:00PM 4:1 Studio Pilates		5:00PM 4:1 Studio Pilates			
5:30pm											
6:00pm	6:00PM 4:1 Studio Pilates	6:00PM 4:1 Studio Pilates	6:00PM 4:1 Studio Pilates			6:00PM 4:1 Studio Pilates		6:00PM 4:1 Studio Pilates			
6:30pm											
7:00pm			7:00PM 4:1 Studio Pilates	7:00PM Group Mat Open/All Levels		7:00PM 4:1 Studio Pilates		7:00PM Group Reformer Inter/Adv Starts FEB			
7:30pm									7:00PM Group Mat Foundations/Intermediate		

CLASS SCHEDULE

- 4:1 STUDIO PILATES
- 4:1 STUDIO PILATES PARENT FRIENDLY
- GROUP REFORMER CLASS
- GROUP MAT CLASS
- PRIVATE CLASS
- TAKING EXPRESSIONS OF INTEREST