

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

4:1 STUDIO PILATES

4:1 STUDIO PILATES
PARENT FRIENDLY

GROUP REFORMER CLASS

GROUP MAT CLASS

PRIVATE CLASS

TAKING EXPRESSIONS
OF INTEREST

CLASS SCHEDULE



4:1 STUDIO PILATES



4:1 STUDIO PILATES
PARENT FRIENDLY



GROUP REFORMER CLASS



GROUP MAT CLASS



PRIVATE CLASS



TAKING EXPRESSIONS
OF INTEREST