

Schedule 2016

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7:30 am	Private Pilates 7:30 am - 2:30 pm	Intermediate Reformer <b>FULL</b>	Private Pilates 7:30 am - 2:30 pm	Private Pilates 7:30 am - 2:30 pm	Private Pilates 7:30 am - 2:30 pm		
8:00 am						Beginner Reformer <b>FULL</b>	
8:30 am		Intermediate Reformer <b>FULL</b>	Intermediate Mat <b>FULL</b>				
9:00 am	Beginner Reformer <b>FULL</b>					Pilates Advanced <b>FULL</b>	
9:30 am	Parent and Baby Pilates until March 6	← 2 spots available		Cirque inspired conditioning and flexibility LEVEL ONE	Intermediate Reformer <b>FULL</b>		
10:00 am				↑ January 21 to March 3			
11:00 am							
12:00 pm			Intermediate Reformer <b>FULL</b>				
12:30 pm							
1:00 pm							
1:30 pm							
2:00 pm							
2:30 pm							
4:30 pm							
5:30 pm	Advanced Mat <b>FULL</b>						
6:30 pm							
6:45 pm				6:45-7:45 pm Beginner Pilates (adult) <b>FULL</b>			
7:00 pm							
7:30 pm							
8:00 pm							