

PILATES | AUGUST - DECEMBER

*Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30am Pilates Reformer with Clara		6am Pilates Reformer with Stacey		6am Pilates Reformer with Stacey	6am Pilates Reformer with Stacey	
	7am Pilates Reformer with Stacey	7am Pilates Reformer with Stacey		7am Pilates Reformer with Stacey		
	8am Pilates Reformer with Stacey	8am Restorative Stretch with Erin	8am Pilates Reformer with Erin		8am Chair & Tower with Erin	8am Pilates Reformer with Clara
	9am Pilates Reformer with Stacey	9am Pilates Reformer with Stacey	9am Pilates Reformer with Erin	9am Pilates Reformer with Erin	9am Pilates Reformer with Stacey	9am Pilates Reformer with Clara
	10am Pilates Reformer with Stacey	10am Pilates Reformer with Stacey	10am Pilates Reformer with Erin	10am Pilates Reformer with Erin	10am Pilates Reformer with Stacey	10am Pilates Reformer with Clara
	11am Pilates Reformer with Jill	11am Pilates Reformer with Erin	11am Restorative Stretch with Erin	11am Restorative Stretch with Erin	11am Pilates Reformer with Erin	
		12pm Restorative Stretch with Erin			12pm (Drop-In) Pilates Reformer with Erin	
	1:30pm Pilates Reformer with Erin					
	4pm Pilates Reformer with Erin		4:30pm Pilates Reformer with Erin	4:30pm Pilates Reformer with Clara		
	5pm Pilates Reformer with Erin	5:45pm Pilates Reformer with Jill	5:30pm Pilates Reformer with Erin			
	6pm Jump Board with Erin		6:30pm Pilates Reformer with Erin			