

# PILATES | AUGUST - DECEMBER

\*Subject to Change

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



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