PILATES | JANUARY - MARCH

*Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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 Stretch and Mobility *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 Stretch and Mobility *with Erin*	11am Stretch and Mobility *with Erin*	11am Pilates Reformer *with Erin*	
	12pm Stretch and Mobility *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*		5:30pm Pilates Reformer *with Erin*			
6pm Jump Board *with Erin*	5:45pm Pilates Reformer *with Jill*	6:30pm Pilates Reformer *with Erin*			

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