

Wellness Center **Pilates Reformer Schedule**

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15-11:00 am <b>Essential Reformer</b>		10:15-11:00 am <b>Essential Reformer</b>			
			1:15-2:00 pm <b>Essential Reformer</b>		
1:15-2:00 pm <b>Essential Reformer</b>		1:15-2:00 pm <b>Essential Reformer</b>			
	4:15 – 5:00 pm <b>Pilates Reformer</b>		4:15 – 5:00 pm <b>Pilates Reformer</b>		
	5:15 – 6:00 pm <b>Essential Reformer</b>		5:15 – 6:00 pm <b>Essential Reformer</b>		

*\*Sign up before class to participate.*

*\*Schedule subject to change.*