

# Pilates Reformer Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15-11:00 am Essential Reformer		10:15-11:00 am Essential Reformer			
1:15-2:00 pm Essential Reformer		1:15-2:00 pm Essential Reformer	1:15-2:00 pm Essential Reformer		
					<b>POP – UP Classes to be announced!</b>
	4:15 – 5:00 pm Pilates Reformer		4:15 – 5:00 pm Pilates Reformer		
	5:15 – 6:00 pm Essential Reformer		5:15 – 6:00 pm Essential Reformer		

*\*Sign up before class to participate.*

*\*Schedule subject to change.*

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