

PILATES SCHEDULE

WEEKLY
GROUP REFORMER
SCHEDULE

ALL SESSIONS TAKE PLACE IN
THE PILATES STUDIO

MONDAY

9:00AM | LEVEL 2 | KERSTIN
5:00PM | LEVEL 1 | SHELBY

TUESDAY

8:00AM | LEVEL 1 | KERSTIN
12:00PM | ALL LEVELS | KERSTIN
6:30PM | LEVEL 2 | TAYLOR

WEDNESDAY

5:00PM | ALL LEVELS | KERSTIN

THURSDAY

12:00PM | ALL LEVELS | DENISE
6:00PM | ALL LEVELS | DENISE

FRIDAY

6:00AM | ALL LEVELS | KERSTIN
9:00AM | ALL LEVELS | SHELBY

SATURDAY

9:00AM | ALL LEVELS | DENISE