



**pilates
1901**

DON'T FORGET!
You can schedule
classes right
from your
phone through
the MindBody App.



FALL 2017 CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 am Reformer Sculpt	6:00-6:50 am Power Tower	6:00-6:50 am Yoga Flow	6:00-6:50 am Reformer Sculpt	6:00-6:50 am Body Blast**		
	6:00-6:30 am Basic Tramp				8:15-9:05 am Reformer Sculpt	
	6:30-7:00 am Restorative Reformer**				8:30-9:20 am Power Tower	
9:00-9:30 am Basic Reformer	9:00-9:30 am Basic Chair			9:00-9:30 am Basic Chair	9:00-9:50 am Basic Mat	
9:30-10:20 am Power Tower		9:30-10:20 am Reformer Sculpt		9:30-10:20 am Yoga Reformer	9:30-10:00 am Basic Reformer	9:30-10:00 am Basic Reformer
12-12:30 pm Basic Chair	12-12:30 pm Basic Reformer	12-12:30 pm Basic Chair	12-12:30 pm Basic Reformer	12-12:50 pm Yoga Flow	10-10:30 am Cardio Tramp**	9:30-10:20 am Core & Restore
12:30-1:00 pm Basic Tramp	12:30-1:00 pm Restorative Reformer**	12:30-1:00 pm Restorative Reformer**	12:30-1:00 pm Cardio Tramp**		10:30-11:20 am Power Ball	10-10:50 am Body Blast**
					10:30-11:00 am UC-Reformer**	
5:30-6:20 pm Basic Mat	5:30-6:00 pm Basic Chair					
6:00-6:30 pm UC-Reformer**	5:30-6:00 pm UC-Mat	5:30-6:00 pm Basic Reformer	5:30-6:00 pm Basic Reformer	5:30-6:20 pm Friday Night Cardio Party		
6:00-6:50 pm Yoga Reformer	6:00-6:30 pm Basic Reformer	6:00-6:50 pm Yoga Flow	6:00-6:50 pm Power Booty			
6:30-7:00 pm Restorative Reformer**	6:00-6:50 pm Body Blast**	6:00-6:30 pm Cardio Tramp**				

MAT / BASIC PACKAGES
 ALL STUDIO PACKAGE
****** MINIMUM OF 8 BASIC CLASSES REQUIRED TO PARTICIPATE