



**pilates
1901**

DON'T FORGET!

You can schedule classes right from your phone through the MindBody App.



SUMMER 2017 CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:50 am Yoga Flow	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 - 9:50 am Basic Mat	
9:30 - 10:20 am Power Tower	9:30 - 10:20 am Yoga-Former	9:30 - 10:20 am Reformer Sculpt		9:30 - 10:20 am Yoga-Former	9:30 - 10:00 am Basic Reformer	9:30 - 10:20 am Slow Flow Yoga
					10:00 - 10:30 am **Cardio Tramp	9:30 - 10:00 am Basic Reformer
12:00 - 12:30 am Basic Chair	12:00 - 12:30 pm Basic Reformer	12:00 - 12:30 pm Basic Chair	12:00 - 12:30 pm Basic Reformer	12:00 - 12:50 pm Yoga Flow	10:30 - 11:20 am Power Ball	10:00 - 10:50 am ** Body Blast
12:30 - 1:00 am Upper Cut	12:30 - 1:00 pm **Restorative Reformer	12:30 - 1:00 pm ** Restorative Reformer	12:30 - 1:00 pm ** Cardio Tramp			
5:30 - 6:20 pm Basic Mat	5:30 - 6:00 pm Upper Cut	5:30 - 6:00 pm Basic Reformer	6:00 - 6:50 pm Yoga Flow			
6:00 - 6:50 pm Yoga-Former	6:00 - 6:30 pm Basic Reformer	6:00 - 6:30 pm **Cardio Tramp	6:00 - 6:50 pm Power Booty			
6:30 - 7:00 pm **Restorative Reformer	6:00 - 6:50 pm **Body Blast	6:00 - 6:50 pm Reformer Sculpt				

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