

Reformer Pilates Timetable

MIND AND BODY ROOM (REFORMER PILATES)							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM							
6:00 AM	LEVEL 2 FULL BODY	ALYSSA	LUCY	ALYSSA	LEVEL 2 FULL BODY		
6:30 AM							
7:00 AM	BEGINNER	ALYSSA	LUCY	ALYSSA		LEVEL 1 FULL BODY	LEVEL 2 FULL BODY
7:30 AM							
8:00 AM	HOLLY		HOLLY	LINDSAY	LINDSAY	HOLLY	JESS
8:30 AM							
9:00 AM	HOLLY		HOLLY	LINDSAY	LINDSAY	LINDSAY	JESS
9:30 AM							
10:00 AM	HOLLY		HOLLY	LINDSAY	LINDSAY	LINDSAY	JESS
10:30 AM							
11:00 AM	HOLLY		HOLLY	LINDSAY	LINDSAY		JESS
11:30 AM							
12:00 PM							LEVEL 2 FULL BODY
12:30 PM							
1:00 PM							ATHLETIC
1:30 PM							
2:00 PM				BEGINNER			LEVEL 1 FULL BODY
2:30 PM							
3:00 PM		BEGINNER			BEGINNER		LOWER BODY
3:30 PM	BEGINNER		DANNI				
4:00 PM		ATHLETIC			ATHLETIC		CORE
4:30 PM	DANNI	LINDSAY	DANNI				
5:00 PM							LEVEL 1 FULL BODY
5:30 PM	DANNI	LINDSAY	DANNI	HOLLY	HOLLY	CORE	
6:00 PM							BEGINNER
6:30 PM	DANNI	LINDSAY	DANNI	HOLLY	HOLLY	ARMS & BACK	
7:00 PM					BEGINNER		BEGINNER
7:30 PM	DANNI	LINDSAY	DANNI				
7:45 PM							
8:30 PM							

■ FACE TO FACE
 ■ BEGINNER - VR
 ■ ARMS & BACK - VR
 ■ LOWER BODY - VR
■ LEVELS - VR
 ■ ATHLETIC - VR
 ■ CORE - VR

*TIMETABLE SUBJECT TO CHANGE. CLASSES WILL NOT RUN WITH 4 PEOPLE OR LESS. MINIMUM AGE OF ENTRY IS 14 YEARS OLD. CHILDREN FROM THE AGES OF 14-16 MUST BE SUPERVISED BY AN ADULT. PLEASE ALSO NOTE ENTRY INTO A CLASS CAN BE REFUSED AT THE INSTRUCTORS DISCRETION FOR ALL LATE COMERS WHO HAVE MISSED WARM UP.