

Pilates On Main

Monday			Tuesday			Wednesday			Thursday		
Class	I	Time	Class	I	Time	Class	I	Time	Class	I	Time
Advanced Mat	Kami	6:00-6:45am	Advanced Mat	Cara	9:00-9:45am	Advanced Mat	Kami	6:00-6:45am	Advanced Mat	Cara	9:00-9:45am
Reformer Plus	Kami	7:00-7:45am	Basic Reformer	Cara	10:00-10:45am	Reformer Plus	Kami	7:00-7:45am	Basic Reformer	Cara	10:00-10:45am
Reformer/Mat	Cara	3:00-3:45pm	Reformer Plus	Kami	4:30-5:15pm	Reformer/Mat	Cara	3:00-3:45pm	Basic Mat	Jennifer	4:30-5:15pm
Reformer /Tower	Meredith	4:30-5:15pm	Advanced Mat	Kami	5:30-6:15pm	Reformer /Tower	Meredith	4:30-5:15pm	Advanced Mat	Jennifer	5:30-6:15pm
Reformer/Mat	Meredith	5:30-6:15pm				Reformer/Mat	Meredith	5:30-6:15pm			