

PILATES ON MAIN - November Openings

Monday			Tuesday			Wednesday			Thursday		
Class		Time	Class		Time	Class		Time	Class		Time
Advanced Mat	K	6:00-6:45AM	Reformer Plus	C	9:00-9:45AM	Basic Mat	K	6:00-6:45AM	Reformer Plus	C	9:00-9:45AM
1. 3. 5.	2. 4. 6.		Full			1. 3. 5.	2. 4. 6.		Full		
Basic Reformer	K	7:00-7:45AM	Basic Reformer	C	10:00-10:45AM	Reformer Plus	K	7:00-7:45AM	Basic Reformer	C	10:00-10:45AM
Full			Full			1. 2.			Full		
Reformer Plus	C	3:00-3:45PM	Basic Reformer	C	11:00-11:45AM	Basic Reformer	C	3:00-3:45PM	Basic Reformer	B/C	11:00-11:45AM
1. 1/2.			Full			1. 1/2.			1. 2.		
Reformer Plus	M	4:15-5:00PM	Reformer Plus	K	4:15-5:00PM	Reformer Plus	M	4:15-5:00PM	Reformer Plus	B/C	12:00-12:45PM
Full			1. 2.			Full			1. 2. 3.		
Basic Reformer	M	5:15-6:00PM	Reformer Plus	K	5:15-6:00PM	Reformer Plus	M	5:15-6:00PM	Reformer Plus	B/C	4:15-5:00PM
Full			1			Full			1. 2. 3.		