

PILATES ON MAIN - August 2025

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	Reformer Plus	K	7:00-7:45AM	Reformer Plus	B	9:00-9:45AM
7 Openings			Class Full			1 Opening			Class Full		
Basic Reformer	K	7:00-7:45AM	Basic Reformer	C	10:00-10:45AM	Reformer Plus	K	8:00-8:45AM	Basic Reformer	B	10:00-10:45AM
1 Opening			2 Openings			1 Opening			1 Opening		
Reformer Plus	C	9:00-9:45AM	Basic Reformer	C	11:00-11:45AM	Basic Reformer	C	10:00-10:45 AM	Basic Reformer	B	11:00-11:45PM
1 Opening			1 Opening			2 Openings			2 Openings		
Basic Reformer	C	10:00-10:45AM	Reformer Plus	K	4:15-5:00PM	Reformer Plus	C	3:00-3:45PM	Athletic Flow Reformer	B	12:00-12:45PM
2 Openings			Class Full			2 Openings			3 Openings		
Reformer Plus	C	3:00-3:45PM	Reformer Pluss	K	5:15-6:00PM						
2 Openings			Class Full								