

PILATES ON MAIN - September 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 | | | 2 Openings | | | 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 | | | 1 Opening | | |
| Reformer Plus | C | 3:00-3:45PM | Reformer Plus | K | 5:15-6:00PM | | | | | | |
| 2 Openings | | | Class Full | | | | | | | | |