

WEEKLY *Schedule*

MONDAY

9:00 - 10:00AM Advanced Pilates *with Jessica (Rotates weekly on style of class)*

10:00 - 11:00AM Fundamental Reformer *with Monica*

11:00 - 12:00PM Intermediate Reformer + Equipment *with Monica*

5:30 - 6:30PM Reformer + Equipment *with Monica*

TUESDAY

9:30 - 10:30AM Tower *with Jessica*

10:30 - 11:30AM Reformer + Equipment *with Jessica*

WEDNESDAY

7:45 - 8:45 AM Reformer + Equipment *with Monica*

9:00 - 10:00AM Reformer + Equipment *with Jessica*

10:00 - 11:00AM Fundamental Reformer *with Jessica*

11:00 - 12:00PM Intermediate Reformer + Equipment *with Jessica*

5:30 - 6:30PM Reformer + Equipment *with Monica*

THURSDAY

10:30 - 11:30AM Pilates Circuit *with Monica*

FRIDAY

7:45 - 8:45 AM Reformer + Equipment *with Monica*

9:00 - 10:00AM Cardio Jump N' Sculpt *with Jessica*

10:00 - 11:00AM Fundamental Reformer *with Jessica*

11:00 - 12:00PM Intermediate Reformer + Equipment *with Jessica*