



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**8:00 CHAIR/SPRINGBOARD**  
Kari-Pilates Studio

**9:15 MAT PILATES**  
Kari-Barre Studio

**9:15 REFORMER**  
Megan-Pilates Studio

**10:30 REFORMER**  
Kari-Pilates Studio

**11:45 REFORMER**  
Megan-Pilates Studio

**4:30 REFORMER**  
Christine-Pilates Studio

**5:45 REFORMER**  
Christine-Pilates Studio

**7:00 CARDIO REFORMER**  
Christine-Pilates Studio

**7:00 TRX SUSPENSION**  
Kari-Barre Studio

**8:00 REFORMER**  
Kari-Pilates Studio

**9:15 BARRE**  
Kari-Barre Studio

**9:15 REFORMER**  
Megan-Pilates Studio

**11:45 CHAIR/SPRINGBOARD**  
Megan-Barre Studio

**11:45 REFORMER**  
Kari-Pilates Studio

**4:30 CARDIO REFORMER**  
Megan-Pilates Studio

**5:45 REFORMER**  
Kari-Pilates Studio

**5:45 CIRCUIT TRAINING**  
Megan-Barre Studio

**7:00 REFORMER**  
Kari-Pilates Studio

**7:00 REFORMER**  
Kari-Pilates Studio

**8:00 CHAIR/SPRINGBOARD**  
Kari-Pilates Studio

**9:15 CARDIO REFORMER**  
Kari-Pilates Studio

**9:15 MAT PILATES**  
Megan-Barre Studio

**10:30 REFORMER/CHAIR**  
Megan-Pilates Studio

**11:45 REFORMER**  
Megan-Pilates Studio

**4:30 REFORMER**  
Kari-Pilates Studio

**5:45 REFORMER/CHAIR**  
Kari-Pilates Studio

**7:00 REFORMER**  
Kari-Pilates Studio

**9:15 CHAIR/SPRINGBOARD**  
Megan-Pilates Studio

**9:15 BARRE**  
Jessica-Barre Studio

**10:30 REFORMER**  
Kari-Pilates Studio

**11:45 REFORMER**  
Megan-Pilates Studio

**4:30 REFORMER**  
Megan-Pilates Studio

**5:45 TRX**  
Megan-Barre Studio

**5:45 REFORMER**  
Kari-Pilates Studio

**7:00 REFORMER**  
Kari-Pilates Studio

**8:00 REFORMER**  
Kari-Pilates Studio

**9:15 CORE-BARRE**  
Kari-Barre Studio

**10:30 CARDIO REFORMER**  
Kari-Pilates Studio

**7:00 CHAIR/SPRINGBOARD**  
Kari-Pilates Studio

**8:00 REFORMER**  
Kari-Pilates Studio

**9:15 TRX SUSPENSION**  
Kari-Barre Studio

**9:15 REFORMER**  
Megan-Pilates Studio

**10:15 REFORMER**  
Megan-Pilates Studio

**10:15 BARRE**  
Kari-Barre Studio

**\*\* Private Intro sessions available upon request. Email Kari, Megan or Christine at:**

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