



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

8:00 CHAIR/SPRING WALL  
Kari-Pilates Studio

9:15 SPIN-FUSION  
Kari-Barre Studio

9:15 REFORMER  
Megan-Pilates Studio

10:30 REFORMER  
Kari-Pilates Studio

10:30 REFORM & RESTORE  
Megan-Barre Studio

11:45 REFORMER  
Megan-Pilates Studio

4:15 CARDIO REFORMER  
Megan-Pilates Studio

4:30 BARRE  
Abby-Barre Studio

5:45 REFORMER  
Carla-Pilates Studio

\*5:45 MAT PILATES  
Kari-Barre Studio

7:00 REFORMER  
Carla-Pilates Studio

\*7:00 YOGA  
Nan-Barre Studio

7:00 TRX SUSPENSION  
Marie-Barre Studio

\*7:00 REFORMER  
Kari-Pilates Studio

8:00 REFORMER  
Kari-Pilates Studio

9:15 BARRE  
Kari-Barre Studio

9:15 REFORMER  
Megan-Pilates Studio

10:30 SPIN FUSION  
Megan-Barre Studio

11:45 CHAIR/SPRING WALL  
Megan-Barre Studio

11:45 REFORMER  
Kari-Pilates Studio

4:30 CHAIR/SPRING WALL  
Marie-Pilates Studio

5:45 REFORMER  
Marie-Pilates Studio

5:45 SPIN 45  
Kari-Barre Studio

\*7:00 REFORM & RESTORE  
Marie- Barre Studio

8:00 CHAIR/SPRING WALL  
Kari-Pilates Studio

9:15 REFORMER  
Kari-Pilates Studio

9:15 TRX SUSPENSION  
Megan-Barre Studio

\*10:30 CARDIO REFORMER  
Kari-Pilates Studio

10:30 REFORM & RESTORE  
Megan-Pilates Studio

11:45 REFORMER  
Megan-Pilates Studio

4:15 REFORMER  
Megan-Pilates Studio

4:30 BARRE  
Abby-Barre Studio

5:45 CHAIR/SPRINGWALL  
Kari-Pilates Studio

5:45 ZUMBA  
Nan-Barre Studio

7:00 REFORMER  
Kari-Pilates Studio

7:00 YOGA  
Nan-Barre Studio

7:00 REFORMER  
Kari-Pilates Studio

8:00 SPIN-FUSION  
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11:45 MAT PILATES  
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5:45 REFORMER  
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5:45 TRX SUSPENSION  
Marie-Barre Studio

\*7:00 REFORMER  
Marie-Pilates Studio

7:00 REFORMER  
Kari-Pilates Studio

8:00 REFORMER  
Kari- Pilates Studio

9:15 ZUMBA  
Nan-Barre Studio

10:30 REFORMER  
Kari-Pilates Studio

8:00 REFORMER  
Varies-Pilates Studio

9:15 SPIN 45  
Varies-Barre Studio

10:30 REFORMER  
Varies-Pilates Studio

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