

NICE PILATES

WEEKLY SCHEDULE

We Believe in Every Body

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
INTEGRATIVE 8:30am	INTEGRATIVE 8:00am R	NOURISHING 8:00am R	INTEGRATIVE 8:00am	INTEGRATIVE 7:30am R	NOURISHING 7:30am R	INTEGRATIVE 9:00am R
INTEGRATIVE 9:00am R	INTEGRATIVE 9:00am R	INTEGRATIVE 9:00am R	INTEGRATIVE 8:30am R	NOURISHING 8:30am R	INTEGRATIVE 8:00am	LEVEL UP: N-I 10:00am R
ADVANCED MAT 9:30am	NOURISHING 10:00am R	INTEGRATIVE 9:30am	INTEGRATIVE 9:30am	INTEGRATIVE 9:30am	NOURISHING 8:30am R	NOURISHING 11:00am R
INTEGRATIVE 10:00am R	EXPERIENCE 12:00pm	NOURISHING 10:00am R	INTEGRATIVE 10:00am R	NOURISHING 10:00am R	INTEGRATIVE 9:00am	
NOURISHING 10:30am	NOURISHING 12:30pm R	INTEGRATIVE 12:00pm R	INTEGRATIVE 11:30am	LEVEL UP: N-I 12:00pm R	INTEGRATIVE 12:00pm R	
LEVEL UP: N-I 11:00am R		NOURISHING 12:30pm	EXPERIENCE 12:00pm R	NOURISHING 12:30pm	CLASSICAL 6:00pm	
NOURISHING 12:00pm R		GENTLE PILATES 4:00pm R	NOURISHING 12:30pm			
		INTEGRATIVE 5:00pm				
	NOURISHING 6:00pm	NOURISHING 5:00pm R	ADVANCED MAT 4:30pm	LEVEL UP: N-I 5:00pm R		
	CLASSICAL 6:00pm R	NOURISHING 6:00pm	NOURISHING 5:30pm	INTEGRATIVE 6:00pm		
	INTEGRATIVE 7:00pm	INTEGRATIVE 6:00pm R	INTEGRATIVE 6:30pm	NOURISHING 6:00pm R		
		LEVEL UP: N-I 7:00pm R		INTEGRATIVE 7:00pm R		

NOURISHING = Beginner | INTEGRATIVE = Intermediate | CLASSICAL = Advanced | EXPERIENCE = Fitness + Intermediate R = Reformer Studio