



Monday

9:00 am	Reformer Pilates - With Emily
4:30 pm	Reformer Pilates - With Angie
4:30 pm	Barre - With Emily
5:45 pm	Reformer Pilates - With Emily

Tuesday

8:30 am	Vinyasa Flow Yoga - With Meghan
9:00 am	Reformer Pilates - With Emily
6:00 pm	Reformer Pilates - With Gina

Wednesday

9:00 am	Reformer Pilates - With Emily
4:30 pm	Reformer Pilates - With Emily

Thursday

8:30 am	Vinyasa Flow Yoga - With Meghan
9:00 am	Reformer Pilates - With Emily
4:30 pm	Reformer Pilates - With Emily
6:00 pm	Reformer Pilates - With Emily

Friday

9:00 am	Reformer Pilates - With Emily
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