

Updated Regular Class Schedule

Begins December 15th/ *notes time change

Monday

9:00 am	Reformer Pilates - With Emily
*11:15 am	Slow Moving Yoga - With Lynn
4:30 pm	Reformer Pilates - With Angie
5:45 pm	Reformer Pilates - With Emily

Tuesday

*8:15 am	Vinyasa Flow Yoga - With Meghan
*9:30 am	Reformer Pilates - With Emily
12:00 pm	Express Weights and Core - 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

*8:15 am	Vinyasa Flow Yoga - With Meghan
*9:30 am	Reformer Pilates - With Emily
*10:45 am	Express Weights and Core - With Emily
12:00 pm	Express Weights and Core - With Emily
4:30 pm	Reformer Pilates - With Emily
*5:45 pm	Reformer Pilates - With Emily

Friday

9:00 am	Reformer Pilates - With Emily
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Saturday

10:00 am	Mat Pilates With Props or Glutes, Core and More (special dates)
11:00 am	Weights and Core (Full Body) (special dates)