

Weekly Class Schedule

Monday

9:00 am	Reformer Pilates - With Emily
11:15 am	Slow Moving Yoga - With Lynn
1:00 pm	Chair Yoga - With Lynn
4:30 pm	Reformer Pilates - With Angie

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
----------------	-------------------------------

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)

*STAY TUNED FOR SPECIAL EVENTS AND POP-UP CLASSES