



Weekly Schedule

V - VIRTUAL/ZOOM

MONDAY	9:45 - 10:45 AM	PILATES MAT
	9:45 - 10:45 AM	PILATES MAT (V)
	5:00 - 6:00 PM	REFORMER 1-2
	5:00 - 6:00 PM	REFORMER 1-2 (V)
	6:00 - 7:00 PM	PILATES FUSION TOWER MAT
	6:00 - 7:00 PM	PILATES FUSION TOWER MAT (V)
TUESDAY	8:00 - 9:00 AM	ADVANCE. MIXED EQUIPT.
	9:00 - 10:00 AM	REFORMER 2 - INT.
	10:00 - 11:00 AM	REFORMER 2 - INT.
	10:00 - 11:00 AM	COREALIGN
	5:00 - 6:00 PM	REFORMER 1-2
	6:00 - 7:00 PM	REFORMER 1-2
WEDNESDAY	7:15 - 8:15 AM	REFORMER 1-2
	8:30 - 9:30 AM	REFORMER 1-2
	8:30 - 9:30 AM	REFORMER 1-2 (V)
	10:00 - 11:00 AM	MIXED EQUIPT.
	5:00 - 6:00 PM	REFORMER 1-2
	6:00 - 7:00 PM	PILATES MAT, TOYS & TOWER
THURS.	8:00 - 9:00 AM	COREALIGN
	9:00 - 10:00 AM	REFORMER CHAL.
FRI.	8:30 - 9:30 AM	REFORMER 1-2
	8:30 - 9:30 AM	REFORMER 1-2 (V)
SATURDAY	8:00 - 9:00 AM	PILATES MAT FUSION
	8:00 - 9:00 AM	PILATES MAT FUSION (V)
	9:15 - 10:15 AM	REFORMER 1-2
	9:15 - 10:15 AM	REFORMER 1-2 (V)
	10:30 - 11:30 AM	COREALIGN CHAL.
SUN.	9:30 - 10:30 AM	REFORMER 1-2