


PILATES REFORMER SCHEDULE

Updated: August 21, 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 - 6:30 am DAVE	8:00 - 9:00 am DAVE	Intro To Pilates 9:15 - 10:15 am PHYLLIS		5:30 - 6:30 am DAVE	
	10:00 - 11:00 am DAVE	9:30 - 10:30 am PHYLLIS			8:00 - 9:00 am DAVE	
		10:30 - 11:30 am PHYLLIS			9:00 - 10:00 am DAVE	
		6:15 - 7:15 pm KARIN		6:15 - 7:15 pm KARIN	10:00 - 11:00 am DAVE	
		7:15 - 8:15 pm KARIN		7:15 - 8:15 pm KARIN		

Classes are limited to 4 participants | \$25 per person/per class

To reserve your spot, contact Carmen Erian at 860-231-6348