

MON	TUES	WED
6AM Reformer Pilates	6AM Performance Circuit	5AM Performance Circuit
7AM Reformer Pilates	9AM Reformer Pilates	6AM Reformer Pilates
9AM Matwork Pilates	5PM Reformer Pilates	7AM Reformer Pilates
10AM Senior Movement & Balance	6PM Reformer Pilates	8AM Reformer Pilates
5PM Reformer Pilates	7PM Mens Pilates	9AM Reformer Pilates
6PM Performance Circuit		6PM Performance Circuit
THURS	FRI	SAT
6AM Reformer Pilates	6AM Performance Circuit	8AM Youth Circuit
7AM Reformer Pilates	6AM Reformer Pilates	9AM Reformer Pilates
8AM Reformer Pilates	7AM Reformer Pilates	10AM Reformer Pilates
4PM Youth Circuit	8AM Reformer Pilates	
5PM Reformer Pilates	9AM Reformer Pilates	
6PM Performance Circuit	10AM Senior Movement & Balance	SUN
7PM Mens Pilates		CLOSED

REFORMER PILATES - 45MIN
 MATWORK PILATES - 45MIN
 PERFORMANCE CIRCUITS - 60MIN
 SENIOR MOVEMENT & BALANCE - 45MIN