

Please go online to Mind/Body Online or download the Mind/Body Connect App to view our schedule and sign up for appointments. You must sign in to **Pat's Pilates Studio**.

Here is our 2019 schedule effective January 21, 2019

Monday:

7:00am - 8:00am Tower/Chair Class with Pat - *Group of Two*

8:00am - 9:00am Pilates Reformer/Tower with Pat - *Group of Four*

5:30pm - 6:30pm Pilates Reformer/Tower with Pat - *Group of Four*

6:30pm - 7:30pm Pilates Reformer/Tower with Pat - *Group of Four*

Tuesday:

8:00am - 9:00am Pilates Reformer/Tower with Pat- *Group of Four*

11:30am -12:30pm Pilates Reformer/Tower with Pat - *Group of Four*

2:00pm -2:30pm Pilates Mixed Equipment with Pat - *Private*

2:30pm - 3:30pm Pilates Mixed Equipment with Pat - *Private*

3:30pm - 4:00pm Pilates Mixed Equipment with Pat - *Private*

Wednesday:

10:15am - 11:15am Pilates Reformer/Tower with Maureen - *Group of Four*

11:30am - 12:00 noon Pilates Stretch Express with Pat - *Group of Four*

12:00 noon - 1:00 pm Pilates Mixed Equipment with Pat - *Private*

6:45pm - 7:30pm Pilates Mixed Equipment with Dianne - *Private*

7:30pm - 8:30pm Pilates Reformer/Tower with Dianne - *Group of Four*

Thursday:

7:00am - 8:00am Pilates Stretch with Pat - *Group of Four*

10:00am - 11:00am Pilates Reformer/Tower SLOWER PACED with Pat - *Group of Four*

2:00pm -2:30pm Pilates Mixed Equipment with Pat - *Private*

2:30pm - 3:30pm Pilates Mixed Equipment with Pat - *Private*

3:30pm - 4:00pm Pilates Mixed Equipment with Pat - *Private*

6:30pm - 7:30pm Pilates Reformer/Tower with Dianne - *Group of Four*

7:30pm - 8:00pm Pilates Mixed Equipment with Dianne - *Private*

8:00pm - 8:45 pm Pilates Mixed Equipment with Dianne - *Private*

Friday:

6:45am - 7:30am Pilates Mixed Equipment with Dianne - *Private*

ALL OTHER SESSIONS ARE BY APPOINTMENT ON FRIDAY - please call to schedule

Saturday:

8:00am - 9:00am Pilates Reformer/Tower with Kathy - *Group of Four*

10:15am - 11:15am Pilates Reformer/Tower with Pat/Dianne - *Group of Four*

11:30am - 12:30pm Pilates Mixed Equipment with Pat/Dianne - *Private*

12:30pm - 1:00pm Pilates Mixed Equipment with Pat/Dianne - *Private*

