

FALL 2020 SCHEDULE

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

CLASSES WILL BE SHORTENED TO 50 MINUTES TO ALLOW TIME TO CLEAN.

Monday:

8:00am - 8:50am Pilates Reformer/Tower with Pat - *Group of Four*
9:00am - 9:50am Pilates Reformer/Tower with Pat - *Group of Four*
10:00am-11:15am **Sweat & Burn with Pat** - *Group Exercise Class*

5:30pm - 6:20pm **Athletic** Reformer/Tower with Pat - *Group of Four*
6:30pm - 7:20pm Pilates Reformer/Tower with Pat - *Group of Four*

Tuesday:

8:00am - 8:50am Pilates Reformer/Tower with Pat - *Group of Four*
9:00am - 10:15am **Mat Pilates & Stretch with Pat** - *Group Exercise Class*
10:30am - 11:20am Pilates Reformer/Tower with Pat - *Group of Four*

3:00pm - 3:50pm Pilates Reformer/Tower with Pat - *Group of Four*

Wednesday:

8:30 - 9:45am **Mat Pilates & Stretch with Maureen** - *Group Exercise Class*
10:00am - 10:50am Pilates **Stretch** Reformer/Tower with Maureen - *Group of Four*

6:15pm - 7:05pm Pilates Mixed Equipment with Dianne - *Group of Four*
7:15pm - 8:05pm Pilates Reformer/Tower with Dianne - *Group of Four*

Thursday:

8:00am - 8:50am Pilates Reformer/Tower with Pat - *Group of Four*
9:00am - 10:15am **Mat Pilates & Stretch with Dawn** - *Group Exercise Class*
10:30am - 11:20am Pilates Reformer/Tower with Pat - *Group of Four*

3:00pm - 3:50pm Pilates Reformer/Tower with Pat - *Group of Four*

Friday:

8:00am - 8:50am Pilates Reformer/Tower with Pat - *Group of Four*
10:00am - 11:15am **Sweat & Burn with Pat** - *Group Exercise Class*

Saturday:

8:30am - 9:20am Pilates Reformer/Tower with Kathy/Dianne - *Group of Four*
9:30am - 10:20am Pilates Reformer/Tower with Kathy/Dianne - *Group of Four*
10:30am - 11:45am **Mat Pilates & Stretch with Kathy/Dianne** - *Group Exercise Class*

***Please contact Pat Vaughn to schedule private classes.
631-813-0268.***