

Monday:

9:15am-10:15am Pilates Reformer with Dan - Group of Four

4:15pm - 5:15pm Pilates Reformer *with Pat - Group of Four*

5:15pm - 6:15pm Pilates Reformer *with Pat - Group of Three*

6:15pm - 7:15pm Pilates Reformer *with Pat - Group of Four*

8:00pm - 9:00pm Pilates Reformer *with Pat - Group of Four*

Tuesday:

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

11:15am - 12:15pm Pilates Reformer *with Pat - Group of Three*

Wednesday:

7:00am - 8:00am Pilates Mixed Equipment *with Pat - Private*

8:30am - 9:30am Pilates Reformer *with Danielle - Semi-Private*

9:30am - 10:30am Pilates Reformer *with Danielle - Group of Three*

10:30am - 11:30am Pilates Reformer *with Danielle - Group of Four*

Thursday:

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

10:00am - 11:00am Pilates Reformer *with Pat - Group of Four*

11:15am - 12:15pm Pilates Reformer *with Pat - Group of Three*

5:30pm - 6:30pm Pilates Reformer *with Danielle - Group of Four*

6:30pm - 7:30pm Pilates/Barre Fusion *with Danielle - Group of Four*

8:00pm - 9:00pm Pilates Reformer *with Danielle - Group of Four*

Saturday:

7:00am - 8:00am Pilates Reformer Stretch *with Pat - Semi-private*

9:00am - 10:00am Pilates Reformer *with Pat - Group of Four*

10:15am - 11:15am Pilates Reformer *with Pat - Group of Three*

11:30am - 12:00noon Pilates Mixed Equipment *with Pat - Private*

12:00noon - 12:30pm Pilates Mixed Equipment *with Pat - Private*