

Pilates Reformer Group Session Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am	5:30am Sylvia					
6:00am						
7:00am						
8:00am	8:00am Lauren	8:00am Lauren	8:00am Kathleen	8:00am Lauren	8:00am Lauren	8:00am Kathleen
9:00am	9:00am Kathleen		9:00am Kathleen	9:00am Lauren		9:00am Sylvia
10:00am						
11:00am						
12:00pm	12:00pm Beginner Class (4 Session Limit Per Person)					
1:00pm						
2:00pm						
3:00pm						
4:00pm		4:30pm Kathleen	4:30pm Kathleen	4:30pm Kathleen		
5:00pm	5:30pm Sylvia					
6:00pm		6:00pm Kathleen	6:00pm Instructor Rotate	6:00pm Sylvia		
7:00pm						

