

# 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							



# Pilates Reformer Group Session Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am		5:30am Sylvia		5:30am Stephen		5:30am Stephen	
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 Stephen	6:00pm Sylvia		
7:00pm							

