


Pilates Reformer Group Session Schedule

Class schedule as of 05/01/2026

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

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9:00am		9:00 am Kathleen		9:00 am Kathleen	9:00 am Lauren		9:00 am Sylvia
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1:00pm							
2:00pm							
3:00pm							
4:00pm		4:30 pm Beginner Class (4 Session Limit – Sylvia)	4:30 pm Kathleen	4:30 pm Kathleen	4:30 pm Kathleen		
5:00pm		5:30 pm Sylvia					
6:00pm			6:00 pm Kathleen		6:00 pm Sylvia		
7:00pm							





Lauren McGough



Stephen Mette



Sylvia Robinson



Kathleen Strawser