|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| DAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| TIME  6:30am |  |  |  |  |  |
| 7:30am |  | **Int Reformer** | **Studio Group** |  |  |
|  |  |  |  |  |  |
| 9am | **One on One** | **Beg Reformer** | **One on One** | **Beg Reformer** | **Beg Reformer** |
| 10am | **Studio Group** |  | **One on One** | **Int Reformer** | **+ 65 Reformer** |
| 11am | **One on One** | **One on One** | **One on One** | **One on One** | **One on One** |
|  |  |  |  |  |  |
| 12pm | **Int Reformer** |  | **Offsite Mat** | **Adv Reformer** | **One on One** |
|  |  |  |  |  |  |
| 1pm | **One on One** |  |  | **One on One** |  |
|  |  |  |  |  |  |
| 3:30pm |  | **Teen Pilates** |  |  |  |
| 4:30pm | **Beg Reformer** | **Studio Group** | **Beg Reformer** |  |  |
| 5:30pm |  | **Adv Reformer** | **Beg Reformer** | **One on One** |  |
| 6:30pm |  | **Beg Reformer** |  |  |  |

** 2025 Class Schedule**