

Group Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30 Essential ANNIE	6:30 Progression MOLLY	6:30 Essential ANNIE	6:30 Progression JENTRY/ANNIE	
8:15 Barre HANNAH	8:00 Progression LISA			8:30 Progression CHRISTY	9:00 Intermediate
	9:00 Pilates with a PT LILLY				10:00 Progression
	9:30 Intermediate CHRISTY	10:00 Intermediate CHRISTY	9:30 Intermediate CHRISTY		11:00 Essential (30 mins)
12:30 Pilates with a PT LAUREN 2:30	12:30 Pilates with a PT DIANA	12:30 Pilates with a PT ERIN	12:30 Pilates with a PT LAUREN	12:30 Pilates with a PT LILLY	
2:30 Flexion Free Essential CHRISTY				2:00 Pilates with a PT/Essential DIANA	
	5:15 Progression LISA	5:30 Progression LAUREN	5:15 Intermediate LISA		
5:30 Abs Class 6:00 Barre HANNAH		6:00 Barre HANNAH			

LEVEL	CLASS NAME	INSTRUCTOR
Level 1	Pilates with a PT	Physical Therapist / PTA
Level 2	Essential	Pilates Instructor
Level 3	Progression	Pilates Instructor (approval required)
Level 4	Intermediate	Pilates Instructor (approval required)