

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
630 AM APPARATUS ESS / INT		630 AM APPARATUS ESS / INT			
730 AM APPARATUS Essential		730 AM MATWORK Essential		830 AM APPARATUS Essential	
930 AM APPARATUS Essential	930 AM MATWORK Intermediate	930 AM APPARATUS Essential		930 AM MATWORK Essential	9 AM APPARATUS Essential
1030 AM APPARATUS Advanced	1030 AM <i>Pilates for EQUESTRIANS</i>	1030 AM APPARATUS Intermediate	1030 AM <i>Pilates for EQUESTRIANS</i>	1030 AM APPARATUS Intermediate	10 AM REFORMER Intermediate
530 PM APPARATUS Advanced	530 PM APPARATUS Essential	530 PM APPARATUS Advanced	530 PM APPARATUS Essential	1130 AM <i>Pilates for EQUESTRIANS</i>	11 AM MATWORK Intermediate
630 PM APPARATUS Intermediate	630 PM APPARATUS Essential	630 PM <i>Pilates for EQUESTRIANS</i>	630 PM APPARATUS Essential		12 PM Pilates For MEN 6 weeks All Level
730 PM APPARATUS Intermediate	730 PM MATWORK Essential	730 – 9 PM BODY ROLLING	730 PM APPARATUS Intermediate		