



Effective: Monday, January 9, 2012

## Pilates Reformer Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am		Reformer with Dee					
9:00 am	Reformer with Tabatha		Reformer with Tabatha		Reformer with Dee		
9:30 am						Reformer with Tabatha	
10:00am	Reformer with Tabatha				Reformer with Tabatha		
10:30 am		Reformer with Dee				Reformer with Tabatha	
1:15 pm				Reformer with Dee			
4:45 pm		Reformer with Tabatha		Reformer with Dee	Reformer with Dee		
5:00 pm	Reformer with Dee		Reformer with Tabatha				
6:00 pm	Reformer with Dee		Reformer with Tabatha				

### Class Description

**Pilates Reformer** – Learn & Master the fundamental Pilates Reformer Training & Equipment. Instructor will offer modifications and advanced options for all levels.

Dual packages and private lessons are available upon request. Please see an instructor for more details.

For more information or to schedule an appointment please contact a Pilates Reformer Instructor.

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