

REFORMER CLASS SCHEDULE

January 6-March 1, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	8:00am Mixed Apparatus 3			8:00am Mixed Apparatus 3		
8:30 AM						
9:00 AM	9:00am Mixed Apparatus 2	9:00am NEW! Intro to Reformer	9:00am Mixed Apparatus 2	9:00am Focused Reformer	9:00am Mixed Apparatus 2	9:00 AM Focused Reformer
9:30 AM						
10:00 AM	10:00am Mixed Apparatus 2	10:00AM Springboard	10:00AM NEW! Intro to Reformer	10:00am Mixed Apparatus 2	10:00am Mixed Apparatus 1	10:00am Mixed Apparatus 2
10:30 AM						
11:00 AM	11:00am Mixed Apparatus 1	11:00am Focused Reformer	11:00am Focused Reformer	11:00AM Actively Ageing Reformer	11:00am Actively Ageing Reformer	11:00am Focused Reformer
11:30 AM						
12:00 PM	12:00pm Mixed Apparatus 1	12:00pm Actively Ageing Reformer	12:00pm NEW! Intro to Reformer	12:00pm Focused Reformer		12:00pm Fundamental Reformer
12:30 PM						
1:00 PM	1:00pm Actively Ageing Chair Pilates (VIRTUAL ONLY)	1:00pm Mixed Apparatus 1	1:00pm Back Care Mixed Apparatus	1:00pm NEW! Intro to Reformer		1:00pm NEW! Intro to Reformer
1:30 PM						
2:00 PM		2:00pm Actively Ageing Reformer	2:00pm Focused Reformer			
2:30 PM						
3:00 PM	3:00pm Fundamental Reformer	3:00pm Focused Reformer	3:00pm Fundamental Reformer			
3:30 PM						
4:00 PM	4:00pm Mixed Apparatus 2	4:00pm Focused Reformer				
4:30 PM						
5:00 PM		5:00pm Mixed Apparatus 2	5:00pm Back Care Mixed Apparatus	5:00pm Focused Reformer		
5:30 PM						
6:00 PM	6:00pm Focused Reformer	6:00pm Focused Reformer	6:00pm Mixed Apparatus 3	6:00pm Focused Reformer	6:00pm NEW! Intro to Reformer	
6:30 PM						
7:00 PM	7:00pm Mixed Apparatus 1	7:00pm NEW! Intro to Reformer	7:00pm Mixed Apparatus 2	7:00pm Focused Reformer		
7:30 PM						
8:00 PM		8:00pm Mixed Apparatus 1				
9:00 PM						