

**FALL 2019 SCHEDULE**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
9 Weeks: Sep 9, Sep 16, Sep 23, Sep 30, Oct 7, Oct 21, Oct 28, Nov 4 & Nov 11	10 Weeks: Sep 10, Sep 17, Sep 24, Oct 1, Oct 8, Oct 15, Oct 22, Oct 29, Nov 5 & Nov 12	10 Weeks: Sep 11, Sep 18, Sep 25, Oct 2, Oct 9, Oct 16, Oct 23, Oct 30, Nov 6 & Nov 13	10 Weeks: Sep 12, Sep 19, Sep 26, Oct 3, Oct 10, Oct 17, Oct 24, Oct 31, Nov 7 & Nov 14		9 Weeks: Sep 14, Sep 21, Sep 28, Oct 5, Oct 19, Oct 26, Nov 2, Nov 9 & Nov 16
					8:30AM Reformer (VL)
9:30AM Dance Cardio (AC)		9:30am Reformer (AC)			9:30AM Pilates Circuit (VL)
10:30am Group Reformer (AC)		10:30am-1:30pm Privates (AC)			10:30AM Drop-In Reformer (VL)
					11:30am-1:30pm Privates (VL)
5:30pm Privates (JM)	5:30pm-7:30PM Privates (JM)		5:00PM-7:00PM Privates (JM)		
6:30 PM Group Reformer (JM)		6:30PM Barre (LB)	6:00PM Reformer (VL)		
7:30PM Pilates Mat Level II (JM)*	7:30PM Reformer (JM)	7:30PM Reformer (LB)	7:00PM Pilates Circuit (VL)		
7:30PM Group Reformer (NM)			8:00PM Drop-In Reformer (VL)		
8:30PM Private (NM & JM)	8:30PM Drop-In Reformer (JM)	8:30PM Privates (LB)	8:00PM DVBB (JM)		

\*1 year pilates experience required.

\*\*Absolute Beginner needs to be done before Reformer classes.

\*\*\*No classes will be running on October 12 & October 14 for Thanksgiving.
