

SPRING 2017 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 WEEKS: MAR 13, MAR 20, MAR 27, APR 3, APR 10, APR 24, MAY 1	8 WEEKS: MAR 14, MAR 21, MAR 28, APR 4, APR 11, APR 18, APR 25, MAY 2	8 WEEKS: MAR 15, MAR 22, MAR 29, APR 5, APR 12, APR 19, APR 26, MAY 3	8 WEEKS: MAR 16, MAR 23, MAR 30, APR 6, APR 13, APR 20, APR 27, MAY 4		7 WEEKS: MAR 18, MAR 25, APR 1, APR 8, APR 22, APR 29, MAY 6
		6:30AM-7:30AM PILATES BOOTCAMP** (ASC)			8:00AM-9:00AM GROUP REFORMER (KR)
9:30AM-10:30AM GROUP REFORMER (SH)		8:30AM-9:30AM PRIVATE (KR)			9:00AM-10:00AM PILATES EQUIPMENT CIRCUIT(KR)**
10:30AM- 1:00PM PRIVATES (SH)		9:30AM-10:30AM GROUP REFORMER (KR)			10:00AM-11:00AM DROP IN REFORMER** (KR)
11AM-12PM GROUP REFORMER (SH)		10:30AM-12:30PM PRIVATES (BD)	1:00PM-3:30PM PRIVATES (SH)		11:00AM-12:00PM PRIVATES (KR)
5:30PM-8:30PM PRIVATES (KR)		5:30PM-6:30PM PRIVATES (SH)	5:00PM - 6:00PM PRIVATES(MM)		
6:30PM-7:30PM THE ROPE (ASC)	4:00PM- 7:00PM PRIVATES (KR)	6:30PM-7:30PM GROUP REFORMER (SH)	6:00PM-7:00PM GROUP REFORMER (MM)		
6:30PM-7:30PM GROUP REFORMER (KR)					
7:30PM-8:30PM PILATES MAT 2* (ASC)	7:00PM-8:00PM GROUP REFORMER (KR)	7:30PM-8:30PM GROUP REFORMER (SH)	7:00PM-8:00PM BARRE POWER (MM)		
8:30PM-9:30PM TAP! 2 (ASC)	8:00PM-9:00PM DROP IN REFORMER (KR)**	8:30AM-9:30AM PRIVATE (SH)	8:00PM-9:00PM DROP IN DVBB (MM)		

**MUST HAVE 1 YEAR PILATES EXPERIENCE*

*** MUST HAVE 1 YEAR REFORMER EXPERIENCE*