

PILATES REFORMER SCHEDULE

MONDAYS

9:00am - 10:00am with Catherine
10:00am - 11:00am with Shannon
11:00am - 12:00pm with Shannon
12:00pm - 1:00pm with Kristen
1:00pm - 2:00pm with Catherine
4:30pm - 5:30pm with Michael
6:00pm - 7:00pm with Amy

TUESDAYS

6:00am - 7:00am with Alice
9:00am - 10:00am with Kristen
12:00pm - 1:00pm with Kristen
5:45pm - 6:45pm with Kristen

WEDNESDAYS

9:00am - 10:00am with Kristen
10:00am - 11:00am with Amy
11:00am - 12:00pm with Amy
12:00pm - 1:00pm with Gwen
1:15pm - 2:15pm with Gwen
6:00pm - 7:00pm with Amy

THURSDAYS

6:00am - 7:00am with Alice
9:00am - 10:00 with Kristen
10:00am - 11:00am with Shannon
11:00am - 11:30am with Catherine
12:00pm - 1:00pm with Kristen

FRIDAYS

9:00am - 10:00am with Amy
10:00am - 11:00am with Amy
12:00pm - 1:00pm with Gwen

SATURDAYS

10:00am - 11:00am with Amy

CONTACT TO SIGN UP

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✦ GROUP PERSONAL TRAINING RATES APPLY. ✦