



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

PILATES REFORMER WINTER FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Reformer 3 Susie 7:50-8:50am	Athletic Reformer Anne 6:00-7:00am	Reformer 3 Susie 7:50-8:50am	Athletic Reformer Anne 6:00-7:00am	7:50-8:50am Susie Athletic Reformer
Reformer 1 Amanda 9:00-10:00am	Reformer 2 Anne 7:00-8:00am		Reformer 2 Anne 7:00-8:00am	
Reformer 2 Amanda 10:00-11:00am	Reformer 3 Susie 8:00-9:00am		Reformer 3 Susie 8:00-9:00am	
Reformer 2 Amanda Noon-1:00pm	Reformer 1 Anne 9:00-10:00am	Reformer 2 Susan 6:30-7:30pm	Reformer 1 Amanda 9:00-10:00am	
Reformer 1 Amanda 1:00-2:00pm	Reformer 2 Susie 10:15-11:15am		Reformer 2 Susie 10:15-11:15am	
Reformer 1 Sara 4:30-5:30pm	Reformer 2 Anne Noon -1:00pm	Reformer 1 Sara 4:30-5:30pm	Reformer 2 Amanda Noon-1:00pm	
Reformer 1 Susan 6:30-7:30pm	Reformer 2 Theresa 5:00-6:00pm	Reformer 1 Susan 6:30-7:30pm	Reformer 2 Theresa 5:00-6:00pm	
	Reformer 3 Susie 6:30-7:30pm		Reformer 3 Susie 6:30-7:30pm	

