

PILATES REFORMER CLASSES – Located in Studio B (Schedule Effective March 28, 2025) (Rebounder Classes Are Here!)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00-7:50 AM Reformer Rebounder + Core Wendy	7:00-7:50 AM Pilates Reformer Wendy			8:30-9:20 AM Reformer Rebounder + Core Christeen	8:30-9:20 AM Reformer Mobility + Core Wendy
9:30-10:20 AM Classical Pilates Reformer (Int/Adv) Pardis	9:30-10:20 AM Reformer Rebounder + Core Pardis	9:30-10:20 AM Reformer Mobility + Core TBA	9:30-10:20 AM Pilates Reformer Priyanka	9:30-10:20 AM Pilates Reformer Krishna	9:45-10:35 AM Pilates Reformer Christeen	9:30-10:20 AM Pilates Reformer Tianna (April 20 Start)
10:30-11:20 AM Pilates Reformer Pardis	10:45-11:35 AM Classical Pilates Reformer (Int/Adv) Pardis	10:45-11:35 AM Reformer Rebounder + Core TBA	10:30-11:20 AM Pilates Reformer Priyanka	10:30-11:20 AM Pilates Reformer Krishna		
12:15-1:00 PM Pilates Reformer Express Pardis	12:15-1:00 PM Pilates Reformer Express Pardis	12:15-1:00 PM Reformer Lower Body Burn + Core TBA				
5:30-6:20 PM Pilates Reformer Krishna	4:30-5:20 PM Pilates Reformer Krishna	5:30-6:20 PM Pilates Reformer Pardis	5:30-6:20 PM Reformer Lower Body Burn + Core TBA	4:30-5:15 PM Pilates Reformer Christeen/Krishna (Tianna-April 25)		
6:30-7:15 PM Reformer Lower Body Burn + Core Krishna	5:30-6:20 PM Classical Pilates Reformer (Int/Adv) Krishna	6:30-7:20 PM Classical Pilates Reformer (Int/Adv) Pardis	6:30-7:20 PM Pilates Reformer TBA	5:30-6:20 PM Reformer Rebounder + Core Christeen/Krishna (Tianna-April 25)		
7:30-8:20 PM Reformer Rebounder + Core Krishna	6:30-7:20 PM Reformer Mobility + Core Krishna	7:30-8:20 PM Pilates Reformer Pardis				
		8:30-9:20 PM Reformer Mobility + Core Pardis (Starts April 9)			(Classes Highlighted in Pink are new Rebounder Classes. They are INTERMEDIATE Classes)	