

Pilates Reformer Classes June 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Level 2 Intermediate Pilates 9:30-10:25am Beverly 1 spot available		Group Level 2 Intermediate Pilates 9:00-9:55am Beverly 1 spot available			Group Level 1 Beginner Pilates 9:00-9:55am Melinda Open 3 spots available	
	Group Level 1.5 Beginner Pilates 10:00-11:25am Melinda 2 spots available	Group Level 1 Beginner Pilates 10:00-10:55am Beverly 1 spot available				
		Private 11:00-11:55am Beverly Closed				
Group Level 1 Beginner Pilates 11:30am-12:25pm Beverly 2 spots available				Group Level 1 Beginner Pilates 11:00-11:55am Melinda 4 spots available		
Group Level 1 Beginner Pilates 12:30-1:25pm Matt 4 spots available						
Group Level 1 Beginner Pilates 2:00-2:55pm Matt 4 spots available		Group Level 1 Beginner Pilates 2:00-2:55pm Melinda 1 spot available				
		Group Level 2 Intermediate Pilates 4:00-4:55pm Melinda 4 spots available				
		Group Level 1 Beginner Pilates 5:00-5:55pm Melinda Full				

New classes are forming now!

Contact the Pilates Department with interested days and times. Contact Vickie Rivera , 6/14/2022