

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am – 7:30 am			Beginner/Intermediate Reformer Mark	Intermediate Reformer Mark	Intermediate Reformer Mark
7:35 am – 8:35 am	Intermediate Reformer Mona 8:30-9:30	Intermediate/Advanced Mat Mona	Private Sessions	Intermediate/Advanced Mat Mona	Private Sessions
8:45 am – 9:45 am	Mens Reformer Kirsty 9:45-10:45	Intermediate/Advanced Reformer Mona		Intermediate/Advanced Reformer Mona	
10:15 – 11:15 am		Gentle Mat Kirsty 10:00 – 11:00 am Intermediate Reformer Mona 10:15-11:15	Pilates in the Park! Gyro Park with Kirsty 9:15-10:15 am July 8, 15, 22, 29 **Pre-register	Intermediate Reformer Kirsty 10:15-11:15	
11:15 - 12:15 pm	Intermediate Reformer Kirsty	Intermediate Reformer Mona 11:45 - 12:45 pm	Intermediate Reformer Kirsty	Beginner/Intermediate Reformer Mona 11:45 - 12:45 pm	
12:45 – 1:45 pm	Intermediate/Advanced Reformer Kirsty	Private Mona 1:00 – 2:00 pm	Intermediate/Advanced Reformer Kirsty	Private Sessions	Private Sessions
	Private Sessions		Private Sessions		
4:00 – 5:00 pm				Beginner Reformer Mark 3:45 – 4:45 pm	Beginner Reformer Mary Ann 4:00-5:00 pm
5:15 – 6:15 pm	Intermediate Reformer Mark		Intermediate Reformer Mark	Intermediate Reformer Mary Ann 5:30-6:30 pm	
6:30 – 7:30 pm	Private Sessions		Intermediate Reformer Mary Ann 6:45-7:45 pm	Intermediate Reformer Mary Ann 7:00-8:00 pm	
8:00 – 9:00 pm			Intermediate Reformer Mary Ann		

