November/December Pilates Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 - 7:00am	30 min Power Pilates (I) TAYLOR	30 min Reformer Flow (B) TANISHA	30 min Cardio Tramp HIIT (I) TAYLOR	30 min Chair Flow (B+I) TAYLOR	30 min Power Pilates (I) TAYLOR	
7:10 - 7:50am	40 min Power Pilates (I + A) TAYLOR	50 min Reformer Flow (B) TANISHA	40 min Power Pilates (I + A) TAYLOR	40 min Stretch & Sculpt (B+I) TAYLOR	40 min Power Pilates (I + A) TAYLOR	
8:00 - 9:00am						50 min Group Barre Tanisha
9:00 - 9:50am	50 min Power Pilates (A) TAYLOR	50 min Power Pilates (I+A) TAYLOR	50 min Power Pilates (A) TAYLOR	50 min Tower Sculpt (I) TAYLOR	50 min Power Pilates (A) TAYLOR	50 min Power Pilates (I+A) **Rotating Instructors**
10:00 - 10:50am	50 min Golden Ladies (B) TAYLOR	50 min Power Pilates (A) MARIA	50 min (B) Golden Ladies TAYLOR	50 min (B) Pre/Postnatal TAYLOR	50 min Golden Ladies (B) TAYLOR	50 min Power Pilates (B+I) **Rotating Instructors**
12:10 - 12:50pm	40 min (I) Reformer Flow CAITLIN/TAYLOR	40 min Reformer Flow (I) TAYLOR	40 min (I) Reformer Flow TAYLOR	40 min (I) Chair/Reformer Combo Clas TAYLOR	40 min (I) Reformer Flow TAYLOR	
1:00 - 1:50pm		50 min Power Pilates (I+A) TAYLOR			50 min Golden Ladies (B) CAITLIN	
3:00 - 3:50					**3:10- 4:00** 50 min Tower: Fascia Release & Mobility (B) CAITLIN	
4:10 - 5:00	**4:30 - 5:20** 50 min Reformer Flow (B) TANISHA		50 min Golden Ladies (B) SHERYL	**4:00 - 4:50** 50 min Reformer Flow (I) CAITLIN	50 min Tower: Fascia Release & Mobility (B) CAITLIN	
5:00 - 5:50			50 min Power Pilates (I+A) SHERYL	50 min Power Pilates (B+I) CAITLIN		
5:30 - 6:20	50 min Power Pilates (I + A) MARIA	50 min Chair/Reformer Combo Class KASSANDRA				
6:00 - 6:50			50 min Tower Sculpt (B+I) CAITLIN	50 min Cardio Tramp HIIT CAITLIN		
6:30 - 7:20	50 min Reformer Flow (B) TANISHA	50 min Power Pilates (I + A) KASSANDRA				