

September/October Pilates Schedule

Time	Monday		Tuesday	Wednesday	Thursday		Friday	Saturday
6:30 - 7:00am	30 min Power Pilates (I) CAITLIN/TAYLOR	30 min Chair Flow (B+I) KASSANDRA	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) CAITLIN/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) CAITLIN/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) CAITLIN/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) Reformer Flow TAYLOR	40 min (B+I) Chair Flow KASSANDRA	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) KASSNDRA/SHERYL/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) CARSON	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) CARSON	50 min Cardio Tramp HIIT CAITLIN			
6:30 - 7:20	50 min Reformer Flow (B) KASSNDRA/SHERYL/TANISHA		50 min Power Pilates (I + A) KASSANDRA					

