

Mat Class Schedule

Sun	Mon	Tues	Wed	Thur	Fri	Sat
	5:30-6:45 pm Lynette		11:30-12:45 pm Lynette	5:30-6:45 pm Lynette		8:45-10:00 am Lynette
	5:30-6:45 pm Lynette		11:30-12:45 pm Lynette	5:30-6:45 pm Lynette		8:45-10:00 am Lynette
	5:30-6:45 pm Lynette		11:30-12:45 pm Lynette	5:30-6:45 pm Lynette		8:45-10:00 am Lynette
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All Classes are 1 hour 15 minutes in length.

PILATES - REFORMER CLASS SCHEDULE - 7th FLOOR

Mon	Tues	Wed	Thur	Fri	Sat	Sun
	7:00 am - Beg. Erica		7:00 am - Beg. Erica			
		9:00 am - Beg/Int. Diana		9:00 am - Beg. Diana		
				10:00 am - Int. Diana	10:00 am - Adv. Diana	
12:00 pm - Beg/Int. Diana						
4:30 pm - Adv. Diana		4:30 pm - Adv. Diana				
			6:30- pm Int. Diana			

Class times don't fit your schedule?

* **Design A Class** - Based on your schedule, studio/instructor availability, choose a day and time with two or three friends that works for you.

All classes are 55 minutes in length.