

NOVEMBER PILATES GROUP REFORMER CLASSES

At times, Instructor substitutions may be necessary.

All reformer classes are fee based. Space limited, sign up now to reserve you spot!

	Monday	Tuesday	Wednesday	Thursday	Friday
AM					
7:00					
7:30					
8:00					
8:30					
9:00					
9:30	Intermediate Level REFORMER 9:30am - 10:30am <i>Dena</i>	Intermediate/Advance Level Reformer ABS & LOWER BODY 9:30am - 10:30am <i>Rocio</i>	Intermediate Level REFORMER 9:30am - 10:30am <i>Dena</i> 11/21 SUB ROCIO	Intermediate/Advance Level REFORMER 9:30am - 10:30am <i>Rocio</i> CLASS CANCELLED 11/22	Beginner/ Intermediate Level REFORMER 9:30am - 10:30am <i>Dena</i> CLASS CANCELLED 11/23
10:00					
10:30	Advance Level REFORMER 10:30am - 11:30am <i>Carol</i>	All Level STRETCH & RELEASE 10:30am - 11:30am <i>Rocio</i>	Intermediate/Advance Level REFORMER 10:30am - 11:30am <i>Dena</i> 11/21 SUB ROCIO	All Level TOWER 10:30am - 11:30am <i>Carol</i> CLASS CANCELLED 11/15 & 11/22	Intermediate/Advance Level REFORMER 10:30am - 11:30am <i>Dena</i> CLASS CANCELLED 11/23
11:00					

Reformer Class Cancellation Policy : Kindly give 24 hours notice if you are unable to attend your class to avoid a \$15 late cancel fee or a \$30 no show. After a grace period of 10 minutes your spot will become available for a waiting member and you will be charged with a \$30 no show fee.

All Pilates classes are 55 minutes in length. The last 5 minutes of class are reserved for cleaning the reformer and returning equipment

*** All wait list participants can be enrolled up to 1 hour before class start time***