

# Group Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30 Essential <b>ANNIE</b>	6:30 Progression <b>MOLLY</b>	6:30 Essential <b>ANNIE</b>	6:30 Progression <b>JENTRY/ANNIE</b>	
	8:00 Progression <b>LISA</b>			8:30 Progression <b>CHRISTY</b>	9:00 Intermediate
	9:00 Pilates with a PT <b>LILLY</b>				10:00 Progression
	9:30 Intermediate <b>CHRISTY</b>	10:00 Intermediate <b>CHRISTY</b>	9:30 Intermediate <b>CHRISTY</b>		11:00 Essential (30 mins)
12:30 Pilates with a PT <b>LAUREN</b> 2:30	12:30 Pilates with a PT <b>DIANA</b>	12:30 Pilates with a PT <b>ERIN</b>	12:30 Pilates with a PT <b>LAUREN</b>	12:30 Pilates with a PT <b>LILLY</b>	
2:30 Flexion Free Essential <b>CHRISTY</b>				2:00 Pilates with a PT/Essential <b>DIANA</b>	
	5:15 Progression <b>LISA</b>	5:30 Progression <b>LAUREN</b>	5:15 Intermediate <b>LISA</b>		
5:30 Abs Class 6:00 Barre <b>HANNAH</b>		6:00 Barre <b>HANNAH</b>			

LEVEL	CLASS NAME	INSTRUCTOR
<b>Level 1</b>	Pilates with a PT	Physical Therapist / PTA
<b>Level 2</b>	Essential	Pilates Instructor
<b>Level 3</b>	Progression	Pilates Instructor (approval required)
<b>Level 4</b>	Intermediate	Pilates Instructor (approval required)