

# PILATES SCHEDULE - AUGUST 2017



Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am						<b>Cardio Reformer</b> Veronica	
8:30am			<b>Flexion Free Pilates Equipment</b> Brooke				
9:00am	<b>Flexion Free Reformer</b> Brooke	<b>Reformer</b> Veronica <b>TRX Core Cardio</b> Tiffany		<b>Reformer</b> Tiffany	<b>Reformer</b> Marie	<b>Pilates + TRX</b> All Instructors	
9:30am							
10:00am						<b>Springwall</b> Veronica	
11:00am						<b>Pilates Equipment</b> Veronica	<b>Pilates Equipment</b> Brooke
12:00pm							
12:30pm		<b>Pilates + TRX</b> Tiffany					
2:30pm							
4:30pm					<b>Springwall</b> Brooke		
5:30pm		<b>Reformer</b> Brooke	<b>Amped Up Mat</b> Marie	<b>Intermediate Reformer</b> Veronica <b>Pilates + TRX</b> Tiffany			
6:00pm	<b>Intermediate Reformer</b> Brooke						
6:30pm		<b>TRX Core Cardio</b> Tiffany		<b>Barre</b> Veronica			
7:00pm	<b>Amped Up Mat</b> Brooke						
7:30pm		<b>Intermediate Reformer</b> Brooke <b>Zumba</b> Tiffany		<b>Men's Reformer</b> Brooke <b>Mat Pilates</b> Tiffany			

All classes are 50 minutes. Please go to [mindbodyonline.com](http://mindbodyonline.com) or download the app | Or call 248.439.0990 to register for a class. Private and Duet Instruction is also available.