

PILATES SCHEDULE - FALL 2017



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

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