

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------|-----------------------|---------------------------------------|----------------------|----------------------|
| 9AM Apparatus | 9AM Apparatus III | 9AM Apparatus | 9AM Apparatus III | 9AM Barre Fusion III |
| 10AM Pilates I / II | 10AM Pilates I / II | 10AM Pilates I / II | 10AM Pilates I / II | 10AM Pilates I / II |
| 11AM Apparatus | 11AM Apparatus | | 5PM Pilates II / III | 11AM Apparatus |
| 5:45PM Pilates RX | 6PM Mat | | 6PM Barre Fusion II | 1PM Apparatus |
| SATURDAY | SUNDAY | | | |
| 8AM Apparatus | 9AM TBA | | | |
| 9AM Pilates III | 10AM Pilates I / II | | | |
| 10AM Pilates I / II | 11AM Pilates RX | | | |
| 11AM Barre Fusion II | | | | |
| RATES | | | | |
| Privates | \$90/\$85 series | Reservations made online at | | |
| Duets | \$55/\$50 series | pilateshudson.com or via email | | |
| Apparatus | \$42/\$40-\$38 series | pilateshudson@gmail.com | | |
| Tower | \$32/\$30-\$28 series | Privates by Appointment | | |
| Mat | \$20/\$15 series | 24 Hour Cancellation Policy | | |



PILATES *hudson*

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