

## Class Schedule - Spring 2025

### **Monday**

9am: Level 2, Reformer w/Molly  
Noon: Level 2, Reformer w/Maureen  
Noon: Level 2, Pilates Mat w/Laurie  
1pm: Level 3, Advanced Reformer w/Maureen  
5pm: Level 1, Beginner Reformer w/Libby  
5pm: Level 1, Beginner Mat w/Michelle  
6pm: Level 2, Reformer w/Libby

### **Tuesday**

8am: Level 2, Bone Density Reformer Bone Density w/Maureen  
9am: Level 2, Reformer w/Maureen  
9am: Level 2, Pilates Mat w/Laurie  
Noon: Level 1, Beginner Reformer w/Michelle  
1pm: Level 2, Reformer w/Michelle  
4:30 pm: Level 2, Reformer for Runners w/Audrey  
5:30pm: Level 2, Reformer w/Maureen

### **Wednesday**

9am: Level 2, Reformer Bone Density w/Molly  
Noon: Level 2, Pilates Mat w/Laurie  
1pm: Level 2, Reformer Jumpboard  
5pm: Level 1, Beginner Reformer w/Jenna  
6pm: Level 2, Reformer w/Jenna

### **Thursday**

8am: Level 2, Reformer w/Maureen  
9am: Level 2, Reformer Bone Density w/Maureen  
Noon: Level 1, Beginner Reformer Bone Density w/Michelle  
1pm: Level 2, Reformer w/Michelle  
4pm: Level 1, Beginner Reformer w/Michelle  
5pm: Level 3, Advanced Reformer w/Maureen  
5pm: Level 2, Pilates Mat w/Michelle

6pm: Level 2, Jumpboard Reformer w/Maureen

### **Friday**

9am: Level 2, Reformer Bone Density w/Katrina  
10am: Level 2, Oov/Mobo Board w/Maureen  
11am: Level 1, Beginner Mat w/Michelle  
Noon: Level 2, Reformer Bone Density w/Michelle  
1pm: Level 2, wavReformer w/Michelle

### **Saturday**

8am: Level 2, Reformer w/Maureen  
9am: Level 2, Reformer Bone Density w/Maureen  
10am: Level 3, Advanced Reformer w/Maureen  
11am: Level 1, Beginner Reformer w/Maureen

### **Sunday**

9am: Level 2, Reformer w/Michelle  
10am: Level 1, Beginner Reformer w/Audrey  
10am: Level 2, Pilates Mat w/Michelle  
11am: Level 2, Reformer w/Audrey

**This class schedule is subject to change.**

Check our live class schedule at

[thepilatesstudioinhadley.com/schedules](http://thepilatesstudioinhadley.com/schedules)

for the most current updates including class

cancellations, spaces available and

substitutes.