

The Pilates Studio Class Schedule

- BY DAY

(see other side for schedule by class)

CLASS LEVELS INDICATED BY NUMBER

1- Beginner, 2-Intermediate, 3-Advanced

Mondays

| | | | |
|------|---|-----------------------|----------|
| 8am | 2 | Bone Density Reformer | Jen |
| 9am | 2 | Reformer | Molly |
| 9am | 2 | Pilates Mat | Jen |
| 12pm | 2 | Reformer | Maureen |
| 12pm | 2 | Pilates Mat | Laurie |
| 1pm | 3 | Advanced Reformer | Maureen |
| 4pm | 2 | CoreAlign/Oov | Katrina |
| 5pm | 1 | Beginner Reformer | Libby |
| 5pm | 1 | Beginner Mat | Michelle |
| 6pm | 2 | Reformer | Libby |
| 7pm | 2 | Reformer | Libby |

Tuesdays

| | | | |
|------|---|-------------------------|-----------|
| 8am | 2 | Bone Density Reformer | Maureen |
| 9am | 2 | CoreAlign (starts 2/24) | Christine |
| 9am | 2 | Reformer | Maureen |
| 9am | 2 | Pilates Mat | Laurie |
| 10am | 2 | Bone Density Reformer | Maureen |
| 12pm | 1 | Beginner Reformer | Michelle |
| 1pm | 2 | Reformer | Michelle |
| 5pm | 1 | Bone Density Reformer | Molly |
| 6pm | 2 | Reformer | Maureen |

Wednesdays

| | | | |
|------|---|-----------------------|---------|
| 8am | 2 | Reformer | Libby |
| 9am | 2 | Bone Density Reformer | Libby |
| 9am | 2 | CoreAlign | Libby |
| 12pm | 2 | Reformer | Jen |
| 12pm | 2 | Pilates Mat | Laurie |
| 1pm | 2 | Oov/Mobo Board | Maureen |
| 4pm | 2 | CoreAlign/Oov | Audrey |
| 5pm | 1 | Beginner Reformer | Audrey |
| 6pm | 2 | Reformer | Audrey |
| 7pm | 2 | Reformer For Runners | Audrey |

This class schedule is subject to change.

Check our live class schedule at thepilatesstudioinhadley.com/schedules for the most current updates including class cancellations, spaces available and substitute teachers.

Thursdays

| | | | |
|------|---|-----------------------|-----------|
| 8am | 2 | Reformer | Maureen |
| 9am | 2 | Bone Density Reformer | Maureen |
| 9am | 2 | Classical Mat | Christine |
| 12pm | 1 | Bone Density Reformer | Michelle |
| 1pm | 2 | Reformer | Michelle |
| 4pm | 1 | Beginner Reformer | Michelle |
| 5pm | 3 | Advanced Reformer | Maureen |
| 5pm | 2 | Pilates Mat | Michelle |

Fridays

| | | | |
|------|---|-----------------------|-----------|
| 8am | 2 | Classical Reformer | Christine |
| 9am | 2 | Bone Density Reformer | Katrina |
| 9am | 2 | Pilates Mat | Sarah |
| 9am | 2 | CoreAlign | Christine |
| 10am | 2 | Oov/Mobo Board | Maureen |
| 11am | 1 | Beginner Mat | Michelle |
| 12pm | 2 | Bone Density Reformer | Michelle |
| 1pm | 2 | Reformer | Michelle |

Saturdays

| | | | |
|------|---|-----------------------|---------|
| 8am | 2 | Reformer | Maureen |
| 9am | 2 | Bone Density Reformer | Maureen |
| 9am | 1 | Beginner Mat | Sarah |
| 10am | 3 | Advanced Reformer | Maureen |
| 11am | 1 | Beginner Reformer | Maureen |

Sundays

| | | | |
|------|---|-------------------|----------|
| 9am | 2 | Reformer | Michelle |
| 10am | 1 | Beginner Reformer | Kim |
| 10am | 2 | Pilates Mat | Michelle |
| 11am | 2 | Reformer | Kim |

Cancellation/No Show Policies:

If you miss class and haven't cancelled (early or late), you'll be charged a \$10 no-show fee and the class will still be deducted from your account.

For Packages and 2 or 3x/week memberships:

Cancellations less than 24 hours (late cancel) in advance will be deducted from your active packages. If no package exists in your account you will be charged the full single rate.

For Unlimited Monthly Class membership:

Your membership includes one complimentary late cancellation per month, and any unused allowances do not roll over. Any additional late cancellations (under 24 hours in advance) following the initial free allowance will result in a \$35 fee, automatically charged to your stored credit ca

The Pilates Studio Class Schedule

- BY CLASS

(see other side for schedule by day)

Beginner Reformer - Level 1

| | | |
|------|------------|----------|
| 10am | Sundays | Kim |
| 11am | Saturdays | Michelle |
| 12pm | Tuesdays | Michelle |
| 4pm | Thursdays | Michelle |
| 5pm | Mondays | Libby |
| 5pm | Wednesdays | Audrey |

Bone Density Reformer - Level 1

| | | |
|------|-----------|----------|
| 12pm | Thursdays | Michelle |
| 5pm | Tuesdays | Molly |

Reformer - Level 2

| | | |
|------|-------------|----------|
| 8am | Wednesdays | Libby |
| 8am | Thursdays | Maureen |
| 8am | Saturdays | Maureen |
| 9am | Mondays | Molly |
| 9am | Tuesdays | Maureen |
| 9am | Sundays | Michelle |
| 11am | Sundays | Kim |
| 12pm | Mondays | Maureen |
| 12pm | Mondays | Jen |
| 1pm | Tuesdays | Michelle |
| 1pm | Thursdays` | Michelle |
| 1pm | Fridays | Michelle |
| 6pm | Mondays | Libby |
| 6pm | Tuesdays | Maureen |
| 6pm | Wednesdays` | Audrey |
| 7pm | Mondays | Libby |

Bone Density Reformer - Level 2

| | | |
|------|------------|----------|
| 8am | Mondays | Jen |
| 8am | Tuesdays | Maureen |
| 9am | Wednesdays | Libby |
| 9am | Thursdays | Maureen |
| 9am | Fridays | Katrina |
| 9am | Saturdays | Maureen |
| 10am | Tuesdays | Maureen |
| 12pm | Fridays | Michelle |

Advanced Reformer - Level

| | | |
|------|-----------|---------|
| 10am | Saturdays | Maureen |
| 1pm | Mondays | Maureen |
| 5pm | Thursdays | Maureen |

Classical Reformer - Level 2

| | | |
|-----|---------|-----------|
| 8am | Fridays | Christine |
|-----|---------|-----------|

Reformer For Runners- Level 2

| | | |
|-----|------------|---------|
| 7pm | Wednesdays | Audrey |
| 1pm | Wednesdays | Maureen |

Oov/Mobo Board- Level 2

| | | |
|------|------------|---------|
| 10am | Fridays | Maureen |
| 1pm | Wednesdays | Maureen |

CoreAlign- Level 2

| | | |
|-----|----------------------|-----------|
| 9am | Tuesdays | Christine |
| 9am | Wednesdays | Libby |
| 9am | Fridays | Christine |
| 4pm | Mondays *with Oov | Katrina |
| 4pm | Wednesdays *with Oov | Audrey |

Beginner Mat - Level 1

| | | |
|------|-----------|----------|
| 9am | Saturdays | Sarah |
| 11am | Fridays | Michelle |
| 5pm | Mondays | Michelle |

Pilates Mat- Level 2

| | | |
|------|------------|----------|
| 9am | Mondays | Jen |
| 9am | Tuesdays | Laurie |
| 9am | Tuesdays | Laurie |
| 10am | Saturdays | Michelle |
| 11am | Fridays | Michelle |
| 12pm | Mondays | Laurie |
| 12pm | Wednesdays | Laurie |

Classical Mat- Level 2

| | | |
|-----|-----------|-----------|
| 9am | Thursdays | Christine |
|-----|-----------|-----------|

Please see the other side for important information.