



Tel-516-626-2278

artofpilatesli.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner Reformer 9:00-9:50 Gail	Intermediate Reformer 9:15-10:05 Tara K.	Intermediate Reformer 8:00-8:50 Gail	Athletic Reformer (Incorporates Weights) 8:00-8:50 Gail	Intermediate Reformer (Experience Needed) 8:00-8:50 Amy	Jumpboard Pilates 8:30-9:20 MaryJo	Intermediate Reformer (Experience Needed) 8:00-8:50 Tara L.
Intermediate Reformer (Experience Needed) 11:00-11:50 Lorna	Beginner Reformer 10:15-11:05 Tara K.	Beginner Reformer 9:00-9:50 Gail	Beginner Reformer 9:00-9:50 Tara K.	Beginner Reformer 9:00-9:50 Amy	All Level Reformer 9:30-10:20 MaryJo	Beginner Reformer 9:00-9:50 Tara L.
		Half Tower/Reformer 10:15-11:05 Amy	Intermediate Reformer (Experience Needed) 10:00-10:50 Tara K.	Beginner Reformer 10:00-10:50 Lorna	Beginner Reformer 10:30-11:20 MaryJo	All Level Reformer 10:00-10:50 Tara L.
		Beginner Reformer 11:15-12:05 Amy	Beginner Reformer 4:00-5:20 MaryJo	Intermediate Reformer (Experience Needed) 11:00-11:50 Lorna	Intermediate Reformer (Experience Needed) 11:30-12:20 Gail	Jumpboard Pilates 11:00-11:50 Tara L.
Beginner Reformer 4:00-4:50 Gail		Beginner Reformer 4:30-5:20 Gail	Intermediate Reformer (Experience Needed) 5:00-5:50 MaryJo	Beginner Reformer 4:00-4:50 Tara L.		Athletic Reformer (Incorporates Weights) 12:00-12:50 Gail
Jumpboard Pilates 5:30-6:20 Amy	Beginner Reformer 5:00-5:50 Lorna	Intermediate Reformer 5:30-6:20 Gail	Beginner Half Tower/Half Reformer 6:00-6:50 MaryJo	Beginner Reformer 5:00-5:50 Tara L.		
Intermediate Reformer (Experience Needed) 6:30-7:20 Amy	Intermediate Reformer (Experience Needed) 6:00-6:50 Lorna	Beginner Reformer 7:30-8:20 Gail	Prenatal Reformer 7:00-7:50 MaryJo	Guided Reiki Meditation 7:00-8:00		