



Life REFORMER PILATES SCHEDULE

2024

time	monday	tuesday	wednesday	thursday	friday	saturday	sunday
8:30AM							REFORMER 2/3 - JANET
9:30AM	REFORMER 1/2 KRISTEN		REFORMER 1/2 KRISTEN		REFORMER 1/2 - JANET	9AM REFORMER 1/2 KRISTEN	REFORMER LEVEL 1/2 - JANET
10:30AM					REFORMER CARDIO - JANET	10AM REFORMER 2/3 KRISTEN	
6PM	REFORMER CARDIO - ELIZABETH	REFORMER 1/2 - JANET	REFORMER 1/2 - JANET	REFORMER 2/3 - EMIZABETH	REFORMER 1/2 - KRISTEN		
7PM	REFORMER 1/2 ELIZABETH	REFORMER 1/2 - JANET	REFORMER CARDIO - JANET	REFORMER 1/2 - ELIZABETH			
8:00PM	REFORMER 1/2 ELIZABETH	REFORMER 1/2 - JANET	REFORMER 1/2 - JANET	REFORMER 1/2 ELIZABETH			