precision STUDIO

PILATES SCHEDULE

MONDAY

5:30am **HIIT Pilates** Lisa
8:00am **Pilates X Strength** Gail
9:30am **HIIT Pilates** Karen
12:00pm **Contemporary Pilates All** Katie
5:00pm **Contemporary Pilates Beg.** Jenna
6:00pm **Classical Pilates Levels 1-2** Gail

WEDNESDAY

8:00am **Contemporary Pilates All** Katie
9:15am **Classical Pilates Level 3*** Gail
10:30am **HIIT Pilates** Karen
5:00pm **HIIT Pilates** Karen

FRIDAY

7:30am **Pilates X Strength** Katie
8:30am **Classical Pilates Levels 1-2** Gail
9:30am **HIIT Pilates** Karen

SCAN HERE TO SEE ALL OF THE PILATES CLASSES WE OFFER

TUESDAY

6:00am **Classical Pilates Level 2*** Gail
10:00am **HIIT Pilates** Erin
5:30pm **Contemporary Pilates Beg.** Jenna
6:30pm **Contemporary Pilates Int.*** Jenna

THURSDAY

6:00am **Classical Pilates Level 2*** Gail
7:00am **Pilates X Cardio** Gail
8:30am **Classical Pilates Level 1** Katie
10:00am **HIIT Pilates** Karen
4:30pm **Contemporary Pilates All** Kelly

SATURDAY

8:00am **Contemporary Pilates Int.*** Kelly
9:00am **Contemporary Pilates Beg.** Kelly
10:00am **Intro to Pilates**

SUNDAY

10:30am **Classical Pilates Level 1** Denise
11:30am **Contemporary Pilates All** Denise

*Class requires instructor approval

Schedule Starts April 1, 2026 | Updated March 2026