



PILATES SCHEDULE

MONDAY

5:30am **HIIT Pilates** Lisa

8:00am **Pilates X Strength** Gail

NEW 9:00am **Mat X Tower** Gail

10:00am **HIIT Pilates** Karen

11:00am **Contemporary Pilates All** Katie

5:00pm **Contemporary Pilates Beg.** Jenna

6:00pm **Classical Pilates Levels 1-2** Gail

TUESDAY

6:00am **Classical Pilates Level 2*** Gail

NEW 8:00am **Pilates X Cardio** Katie

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

WEDNESDAY

8:00am **Contemporary Pilates All** Katie

9:15am **Classical Pilates Level 3*** Gail

10:15am **HIIT Pilates** Katie

NEW 11:15am **Restorative Reformer** Katie

5:00pm **HIIT Pilates** Karen

SATURDAY

8:00am **Contemporary Pilates Int.*** Kelly

9:00am **Contemporary Pilates Beg.** Kelly

10:00am **Intro to Pilates**

FRIDAY

7:30am **Pilates X Strength** Katie

8:30am **Classical Pilates Level 3*** Gail

9:30am **HIIT Pilates** Karen

SUNDAY

10:30am **Classical Pilates Level 1** Denise

11:30am **Contemporary Pilates All** Denise



SCAN HERE TO SEE
ALL OF THE PILATES
CLASSES WE OFFER

*Class requires instructor approval
Schedule Starts May 1, 2026 | Updated 4/22/2026