

PILATES

Reformers

MONDAY

9:30am-10:30am Robin Padelford ●

12pm-1pm Samar Kantar

5:30-6:30pm Clarisse McLeod

TUESDAY

9am-10am Lisa Colvard

5:30-6:30pm Clarisse McLeod ●

WEDNESDAY

8:30am-9:30am Tina Johann

11am-12pm Robin Padelford ●

5:30-6:30pm Clarisse McLeod

THURSDAY

9am-10am Lisa Colvard

10am-11am Lisa Colvard

4pm-5pm Tina Johann

5:30-6:30pm Clarisse McLeod ●

FRIDAY

9am-10am Samar Kantar

5:30-6:30pm Clarisse McLeod

SATURDAY

9am-10am Robert D'Souza

10am-11am Robert D'Souza

● = Introduction Classes

