



(530) 820-3513
 www.auburnfit1.com
 670 Auburn Folsom Rd, Suite 107
 Auburn, CA 95603



Club Hours:
 24 Hours / 7 Days per Week

Pilates Schedule April 2018

MON	TUE	WED	THU	FRI	SAT	SUN
	7:00-8:00 am Group Reformer		7:00-8:00 am Group Reformer			
		8:30-9:30 am Group Reformer		8:00-9:00 am Group Reformer	8:00-9:00 am Barre Pilates	
9:00-10:00 am Group Reformer	9:00-10:00 am Group Reformer		9:00-10:00 am Group Reformer	9:00-10:00 am Group Reformer	9:00-10:00 am Group Reformer	
10:00-11:00 am Group Reformer	10:00-11:00 am Group Reformer	10:00-11:00 am Group Reformer	10:00-11:00 am Group Reformer	10:00-11:00 am Group Reformer	10:00-11:00 am Group Reformer Fundamentals	
11:00 am-12:00 Group Reformer	11:00 am-12:00 Group Reformer Fundamentals	11:00 am-12:00 Group Reformer	11:00 am-12:00 Group Reformer Fundamentals	11:00 am-12:00 Group Reformer		
12:00-1:00 pm Group Reformer		12:00-1:00 pm Pilates Bootcamp				
	2:30-3:30 pm Group Reformer					
4:00-5:00 pm Group Reformer		4:00-5:00 pm Group Reformer				
5:00-6:00 pm Athletic Flow		5:00-6:00 pm Group Reformer				
6:00-7:00 pm Group Reformer		6:00-7:00 pm Group Reformer	6:00-7:00 pm Group Reformer			

Thank you for signing up for your reformer class. We look forward to having you in class. Should you have a change in your schedule, kindly give 24-hour notice to prevent being charged for the class.