



(530) 820-3513  
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 670 Auburn Folsom Rd, Suite 107  
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Pilates Hours:  
 By Appointment

## Pilates Schedule October 2018

MON	TUE	WED	THU	FRI	SAT	SUN
		7:00-7:55 am Reformer	7:00-7:55 am Reformer			
		8:30-9:25 am Advanced Reformer		8:00-8:55 am Reformer		
9:00-9:55 am Reformer	9:00-9:55 am Reformer		9:00-9:55 am Reformer	9:00-9:55 am Reformer	9:00-9:55 am Reformer	
10:00-10:55 am Reformer	10:00-10:55 am Reformer	10:00-10:55 am Reformer	10:00-10:55 am Reformer	10:00-10:55 am Reformer	10:00-10:55 am Reformer Fundamentals	
11:00-11:55 am Reformer	11:00-11:55 am Reformer Fundamentals	11:00-11:55 am Reformer	11:00-11:55 am Reformer Fundamentals	11:00-11:55 am Reformer		
12:00-12:55 pm Reformer		12:00-12:55 pm Pilates Bootcamp				
4:00-4:55 pm Reformer						
5:00-5:55 pm Athletic Flow		5:00-5:55 pm Reformer				
6:00-6:55 pm Reformer		6:00-6:55 pm Reformer	6:00-6:55 pm 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.