

PILATES REFORMER GROUP SCHEDULE

Schedule Effective: **SEPTEMBER 4th, 2018**



LEVEL □ 301.229.0080 □ 7687 MACARTHUR BLVD., CABIN JOHN, MD

M	T	W	TH	F	S	SU
---	---	---	----	---	---	----

MORNING SESSIONS

<p>INT/ADV LEVEL REFORMER FIT 8:15 – 9:00AM <i>Jocie</i></p>	<p>MIXED LEVEL REFORMER FIT 6:00 – 6:45AM <i>Jocie</i></p> <p>MIXED LEVEL REFORMER FIT 6:45 –7:30AM <i>Jocie</i></p> <p>MIXED LEVEL REFORMER FIT 8:15 –9:00AM <i>Jocie</i></p>	<p>ADVANCED BEGINNER LEVEL PILATES 9:30-10:30AM <i>Gurjeet</i></p>	<p>MIXED LEVEL REFORMER FIT 6:00 –6:45AM <i>Jocie</i></p> <p>MIXED LEVEL REFORMER FIT 6:45 –7:30AM <i>Jocie</i></p> <p>MIXED LEVEL REFORMER FIT 8:15 –9:00AM <i>Jocie</i></p> <p>BEGINNER LEVEL PILATES 2:30-3:30PM <i>Gurjeet</i></p>		<p>ADVANCED LEVEL PILATES 10:00-11:00AM <i>Melissa</i></p>	<p>REFORMER FIT 10:00-11:00AM <i>Eden</i></p> <p>REFORMER FIT 11:00AM-12:00PM <i>Eden</i></p>
---	---	---	--	--	---	---