

# PILATES REFORMER GROUP SCHEDULE

Schedule Effective: **April 1, 2021**



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

M	T	W	TH	F	S	SU
<b>MORNING SESSIONS</b>						
<p>MIXED LEVEL REFORMER FIT <b>7:00-7:45AM</b> Andrea</p> <p>MIXED LEVEL REFORMER FIT <b>8:00-8:45AM</b> Andrea</p>	<p>MIXED LEVEL REFORMER FIT <b>7:00 -7:45AM</b> Andrea</p> <p>MIXED LEVEL REFORMER FIT <b>7:45-8:30AM</b> Andrea</p> <p>MIXED LEVEL REFORMER FIT <b>11:30-12:15PM</b> Andrea</p>	<p>MIXED LEVEL REFORMER FIT <b>6:45-7:30AM</b> Jocie</p> <p>MIXED LEVEL REFORMER FIT <b>7:45-8:30AM</b> Andrea</p> <p>MIXED LEVEL REFORMER FIT <b>9:00-9:45AM</b> Andrea</p> <p>INTERMEDIATE LEVEL (Private) REFORMER FIT <b>12:00- 1:00PM</b> Magda</p>	<p>MIXED LEVEL REFORMER FIT <b>7:00 -7:45AM</b> Jocie</p> <p>MIXED LEVEL REFORMER FIT <b>9:15-10:00AM</b> Jocie</p> <p>MIXED LEVEL REFORMER FIT <b>11:00- 11:45AM</b> Andrea</p>	<p>MIXED LEVEL REFORMER FIT <b>6:30-7:15AM</b> Jocie</p> <p>MIXED LEVEL REFORMER FIT <b>7:15 -8:00AM</b> Jocie</p> <p>MIXED LEVEL REFORMER FIT <b>11:00- 11:45AM</b> Andrea</p>		<p>MIXED LEVEL REFORMER FIT <b>9:00- 9:45AM</b> Andrea</p> <p>MIXED LEVEL REFORMER FIT <b>10:00- 10:45AM</b> Andrea</p>

▲ All Pilates Reformer and Chair classes are an **EXTRA FEE**. LEVEL Members receive 10% discount on class costs. Advanced Registration required.