

Class Schedule - Winter/Spring 2024

Monday

8am: Level 2, Reformer w/sha
9am: Level 2, Reformer w/sha
Noon: Level 2, Reformer w/Maureen
Noon: Level 2, Pilates Mat w/Laurie
1pm: Level 3, Advanced Reformer w/Maureen
5pm: Level 1, Beginner Reformer w/Libby
5pm: Level 1, Beginner Mat w/Michelle
6pm: Level 2, Reformer w/Libby

Tuesday

8am: Level 2, Bone Density Reformer Bone Density w/Maureen
9am: Level 1, Beginner Reformer w/Maureen
9am: Level 2, Pilates Mat w/Laurie
Noon: Level 1, Beginner Reformer w/Michelle
1pm: Level 2, Reformer w/Michelle
4:30 pm: Level 2, Reformer for Runners w/Audrey
5:30pm: Level 2, Reformer w/Maureen

Wednesday

8am: Level 2, Reformer Bone Density w/Chase
9am: Level 2, Reformer Bone Density w/Chase
Noon: Level 2, Pilates Mat w/Laurie
5pm: Level 1, Beginner Reformer w/Jenna
6pm: Level 2, Reformer w/Jenna

Thursday

8am: Level 2, Reformer w/Maureen
9am: Level 2, Reformer Bone Density w/Maureen
Noon: Level 1, Beginner Reformer Bone Density w/Chase
1pm: Level 2, Reformer w/Chase
4pm: Level 1, Beginner Reformer w/Michelle

5pm: Level 3, Advanced Reformer w/Maureen
5pm: Level 2, Pilates Mat w/Michelle
6pm: Level 2, Jumpboard Reformer w/Maureen

Friday

9am: Level 2, Reformer Bone Density w/Katrina
10am: Level 2, Oov/Mobo Board w/Maureen
11am: Level 1, Beginner Mat w/Michelle
Noon: Level 2, Reformer Bone Density w/Michelle
1pm: Level 2, Core Flow Reformer w/Michelle

Saturday

8am: Level 2, Reformer w/Maureen
9am: Level 2, Reformer Bone Density w/Maureen
10am: Level 3, Advanced Reformer w/Maureen
11am: Level 1, Beginner Reformer w/Maureen

Sunday

9am: Level 2, Reformer w/Michelle
10am: Level 1, Beginner Reformer w/Audrey
10am: Level 2, Pilates Mat w/Michelle
11am: Level 2, Reformer w/Audrey

This class schedule is subject to change.

Check our live class schedule at

thepilatesstudioinhadley.com/schedules

for the most current updates including class cancellations, spaces available and substitutes.

