

PILATES ON MAIN - February 2026

Monday			Tuesday			Wednesday			Thursday		
Class		Time	Class		Time	Class		Time	Class		Time
Basic Reformer	O	5:30- 6:15AM	Reformer Plus	C	9:00- 9:45AM	Reformer Plus	K	7:00- 7:45AM	Reformer Plus	B	9:00- 9:45AM
Class Full			Class Full			Class Full			Class Full		
Advanced Mat	K (Studio 1)	6:00- 6:45AM	Basic Reformer	C	10:00- 10:45AM	Reformer Plus	K	8:00- 8:45AM	Basic Reformer	B	10:00- 10:45AM
7 Openings			Class Full			Class Full			Class Full		
Basic Reformer	K	7:00- 7:45AM	Basic Reformer	C	11:00- 11:45AM	Basic Reformer	C	10:00- 10:45AM	Basic Reformer	B	11:00- 11:45AM
Class Full			Class Full			Class Full			Class Full		
Reformer Plus	C	9:00- 9:45AM	Reformer Plus	K	4:15- 5:00PM	Reformer Plus	C	3:00- 3:45PM	Reformer Plus	B	12:00- 12:45PM
Class Full			Class Full			Class Full			Class Full		
Basic Reformer	C	10:00- 10:45AM	Reformer Plus	K	5:15- 6:00PM	Reformer Plus Demo*	M/W	4:15- 5:00PM			
Class Full			Class Full			Class Full					
Reformer Plus	C	3:00- 3:45PM	Basic Reformer	O	6:30- 7:15PM						
Class Full			Class Full								
Basic Reformer	O	5:30-6:15PM									
2 Openings											
Basic Reformer	O	6:30- 7:15PM									
Class Full											