



Pilates Plus
"Because you can"

Pilates Plus
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PILATES PLUS

BOOK CLASSES ONLINE

■ CLASS SCHEDULE

ABOUT OUR CLASSES

COMMUNITY + EVENTS

INSTRUCTORS

CONTACT + MAP

Class Schedule



Read [About Our Classes](#) for details and pricing. All classes require pre-registration by phone or [on-line sign up](#). Classes are subject to change...

All classes last one hour unless otherwise noted. [View Printable Schedule](#) (PDF)

KEY: Reformer / Equipment Classes | [Mat Classes](#) | [Quick Starts](#) | [Specialty Focus Classes](#)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am		WAKE UP REFORMER Shanel			BEG/INT REFORMER Shanel	
7:30 am					BEG/INT REFORMER Kim	REFORMER PLUS EQUIPMENT CIRCUIT Shanel
8:00 am	BEG/INT REFORMER Shanel					
9:00 am					ESSENTIAL REFORMER PLUS Shanel	
10:00 am	GENTLE MAT & PILATES FLOW Shanel		10:15 INT/ADV REFORMER Shanel		10:15 BEG/INT REFORMER Shanel	
10:30 am		REFORMER PLUS EQUIPMENT CIRCUIT Shanel				
11:00 am			11:15 PILATES for PARKINSONS and SPECIAL POPULATIONS Shanel		11:15 PILATES for PARKINSONS and SPECIAL POPULATIONS Shanel	

12:00 pm	INT/ADV REFORMER Shanel					
12:30 pm		Mat and Equipment Essentials (MEE) Shanel				
4:00 pm						
5:00 pm		5:15 YOGA				
6:00 pm						
6:30 pm	REFORMER MAT COMBO Jill		REFORMER MAT COMBO Jill			

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