



TRI-FIT TRAINING SCHEDULE

DAY	TIME	CLASS	LENGTH	INSTRUCTOR
MONDAY	6:20 AM	REFORMER PILATES	45	Sandy
	1:00 PM	REFORMER PILATES	45	Natalie
TUESDAY	8:00 AM	REFORMER PILATES	45	Mara
	9:00 AM	REFORMER PILATES	45	Mara
	10:00 AM	REFORMER PILATES	45	Mara
	1:00 PM	REFORMER PILATES	45	Natalie
	5:00 PM	REFORMER PILATES	45	Mara
	6:00 PM	REFORMER PILATES	45	Mara
WEDNESDAY	11:00 AM	REFORMER PILATES	45	Natalie
THURSDAY	10:00 AM	REFORMER PILATES	45	Natalie
	12:00 PM	REFORMER PILATES	45	Mara
	1:00 PM	REFORMER PILATES	45	Mara
	5:00 PM	REFORMER PILATES	45	Mara
	6:00 PM	REFORMER PILATES	45	Mara
FRIDAY	6:20 AM	REFORMER PILATES	45	Sandy

SATURDAYS AND LATER AFTERNOONS PRIVATE SESSIONS AND SEMI PRIVATE AND/OR 2-4 IS AVAILABLE UPON REQUEST