

Pilates Reformer/Small Group Training (SGT)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10am: Pilates Reformer with Tina (\$)		9am: Pilates Reformer with Theresa (\$)	5:30pm: Pilates Reformer with Doria(\$)	9:30am: Pilates Reformer with Tina (\$)	9:00am: SGT with Ian (\$)	
5:30pm: SGT with Gina (\$)		6:00pm: SGT with Matt (\$)			10am: Pilates Reformer with Doria (\$)	
5:30pm: Pilates Reformer with Doria (\$)						

Small Group Training (SGT)

Try one of our Small Group Training (SGT) Classes for free. Register at the front desk.

Extra Fee Service

Pilates Reformer

Reserve your machine at the front desk no later than 24 hours prior to class! Register at the front desk for a free demo.

Extra Fee Service

Please check the website for the latest class updates.

Schedule subject to change!!

www.xlfitness.org