

METRO PILATES

Reformer Classes: 50 Mins

Sunday	Monday	Tuesday 7am	Wednesday 7am	Thursday 7am	Friday 930a	Saturday
		Intermediate Flow w/ Emily		Intermediate Flow w/ Emily	Fundamental Flow w/ Reid	
			930am Fundamental Flow w/ Reid	930am Mat/Tower w/ Emily		9am Fundamental Flow w/ Ashley
	12pm TRX Suspension w/ Emily		12pm Cardio Flow w/ Reid	12pm	12pm Fundamental Flow w/ Ashley	10am Intermediate Flow w/ Ashley
						11am Cardio Flow w/ Ashley
	5pm TRX Suspension w/ Emily	530pm Fundamental Flow w/ Emily	5pm Cardio Flow w/ Ashley			
	6pm Fundamental Flow w/ Emily	630pm Intermediate Flow w/ Ashley	6pm Fundamental Flow w/ Ashley	630pm Restorative Reformer w/ Ashley		