

METRO PILATES

Reformer Classes: 50 Mins

Sunday	Monday	Tuesday 7am	Wednesday 7am	Thursday 7am	Friday	Saturday
		Intermediate Flow w/ Emily	Fundamental Flow w/ Reid	Intermediate Flow w/ Emily		9am Fundamental Flow w/ Ashley
	12pm Pilates TRX Suspension w/ Emily		12pm Cardio Flow w/ Reid	12pm Mat Pilates w/ Reid		10am Intermediate Flow w/ Ashley
						11am Cardio Flow w/ Ashley
		530pm Fundamental Flow w/ Emily		30		
		630pm Intermediate Flow w/ Ashley		7pm Restorative Flow w/ Reid		