

METRO PILATES

Reformer Classes: 50 Mins

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