



PILATES STUDIO SCHEDULE JUNE 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:30 AM		Mixed level Reformer Anne		Mixed level Reformer Colleen			
10:00-11:00 AM							Mixed level Reformer Colleen/ Elizabeth
11:00AM-12:00PM							Gentle Reformer Colleen/ Elizabeth
12:00-1:00PM	Reformer II studio/Zoom Therese						
4:00-5:00PM		Mixed level Reformer Barbara	Men's Reformer Therese		Better Back Reformer Therese		
4:30-5:30PM				Reformer II Therese			
5:00-6:00PM		Reformer II Barbara					
5:15-6:15PM			Keep it Moving on Zoom Therese				
5:30-6:30PM				Reformer II studio/Zoom Therese			

Visit cachstc.clubautomation.com or use the Hills app to book your class and to check for any schedule changes.