The Hills Pilates and Wellness Studio

PILATES STUDIO SCHEDULE APRIL 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:30AM		Mixed level Reformer Anne	Cardio Pilates Elizabeth				
12:00-1:00PM	Reformer II studio/Zoom Therese						
4:00-5:00PM			Men's Reformer Therese		Mixed level Reformer Therese		
4:30-5:30PM				Reformer II Therese			
5:00-6:00PM		Reformer II Barbara					
5:15-6:15PM		Calm Nervous System Studio/Zoom Therese /5pm	Keep it Moving on Zoom Therese				
5:30-6:30PM				Reformer II studio/Zoom Therese			
6:15-7:15PM		Reformer II Barbara					