



CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM	REFORMER*		REFORMER*		CHAIR	MAT/ARC BARREL
8:30AM	DRYLAND TRAINING		DRYLAND TRAINING	MIXED EQUIPMENT*		
9:00 AM	TRAP TABLE	INTERMEDIATE CHAIR	MAT/ARC BARREL	REFORMER	TRAP TABLE	REFORMER
10:00 AM	MAT	HEALTHY BONES	REFORMER	HEALTHY BONES		
11:00 AM				JUMP/AB		
12:00 PM	EQUIPMENT FUNDAMENTALS	REFORMER	EQUIPMENT FUNDAMENTALS	MIXED EQUIPMENT	MAT PILATES 50/50	
4:30 PM		MIXED EQUIPMENT				
5:00 PM						
5:30 PM	RETRAP		MIXED	REFORMER		
6:30 PM			EQUIPMENT			

*One-hour classes from (Reformer 8-9am, Mixed Equipment 8:30-9:30am)

Visit bendpilates.net for class descriptions and pricing.

Pre-paid classes must be taken within 6 months of purchase and are non-refundable.

All cancellations require 24 hours notice. Private sessions and duets by appointment.

As of 10.10.16

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