

FALL 2017 PILATES SCHEDULE @ Fix Downtown

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			8AM - 9AM Supervised Equipment Pilates (call to reserve)		
					10:30AM – 11:30AM Supervised Equipment Pilates (call to reserve)
12PM - 1PM Mat Pilates Drop-in	12PM - 1PM Supervised Equipment Pilates (call to reserve)	12PM - 1PM Mat Pilates Drop-in	12PM - 1PM Supervised Equipment Pilates (call to reserve)	12PM - 1PM Fundamentals of Pilates Drop-in	
1PM - 2PM Supervised Equipment Pilates (call to reserve)	1PM - 2PM Supervised Equipment Pilates (call to reserve)	1PM - 2PM Supervised Equipment Pilates (call to reserve)		1PM - 2PM Supervised Equipment Pilates (call to reserve)	
5PM - 6PM Supervised Equipment Pilates (call to reserve)				5PM - 6PM Supervised Equipment Pilates (call to reserve)	
6PM - 7PM Supervised Equipment Pilates (call to reserve)		6PM - 7PM Supervised Equipment Pilates (call to reserve)			

Please note all drop-in classes are posted in red. All Supervised Classes are posted in grey.