



Rehabilitation • Fitness • Chiropractic

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Privates & Semi-Privates	Privates & Semi-Privates	Privates & Semi-Privates	Privates & Semi-Privates	7:15am Group Mat (level 1 & 2) Parisa	
9:15am Muscle In Motion (all levels) Loree	9:30am Group Reformer (level 2) Loree	Privates & Semi-Privates	9:30am Group Chair (level 1 & 2) Parisa	9:15am Muscle in Motion (level 2) Loree	9:00am Group Reformer (level 1) Brandy
12:00pm Group Reformer (level 2) Loree	12:00pm Group Reformer (level 1) Parisa	12:00pm Group Chair (level 1 & 2) Loree	12:00pm Group Reformer (level 1) Loree	12:00pm Group Reformer (level 1) Parisa	Privates & Semi-Privates
Privates & Semi-Privates	Privates & Semi-Privates	Privates & Semi-Privates	Privates & Semi-Privates	Privates & Semi-Privates	
6:00pm Firm & Burn Pilates Reformer (level 2) Parisa	5:30pm Firm & Burn Pilates Reformer (level 2) Loree	6:00pm Group Chair (level 1 & 2) Parisa	6:15pm Group Reformer (level 2) Loree	5:45pm Group Reformer (level 2) Loree	
Privates & Semi-Privates	Privates & Semi-Privates	Privates & Semi-Privates	Privates & Semi-Privates	Privates & Semi-Privates	

For up to the minute scheduling information: [www.equilibriopilates.com](http://www.equilibriopilates.com)