

ADKINS PILATES

Class Schedule

(as of January 2012)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:30-7:30am Reformer*	6:30-7:30am Reformer*	6:30-7:20am Mat* (registration required)		
	10-11am Reformer*				10:30-11:30am Reformer*	
12-12:45pm Reformer*	12-12:45pm Mat	12-12:45pm Reformer*	12-12:45pm Mat	12-12:45pm Reformer*	11:30-12:30pm Reformer*	3:15-4:15pm Mother-Daughter Mat* (registration required)
5:30-6:30pm Mat		5:30-6:30pm Mat	5:30-6:30pm Mat/Reformer Mixer*		12:30-1:30pm Reformer*	4:30-5:30pm Reformer*
6:45-7:45pm Mat		6:45-7:45pm Mat			1:30-2:30pm Reformer*	
8-9pm Reformer*		8-9pm Reformer*				

**Registration is required for Reformer classes as space is limited. Registration is also required for special sessions (i.e., early morning mat, mother-daughter mat).*

- ~All levels welcome to mat and Reformer classes!
- ~New students arrive 10 minutes early to complete new client forms. Mats and towels are provided.
- ~Private training is available 7 days a week.
- ~Visit adkinspilates.com for more information.
- ~Email questions, comments, and suggestions to AdkinsPilates@gmail.com.

*"The mind, when housed within a healthful body,
possesses a glorious sense of power."
- Joseph Pilates, 1939*