Group Class Schedule

Midtown Studio

BODY HARMONICS PILATES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM 9:00AM			8:15 am Reformer Advanced		8:15 am Reformer Intermediate	8:15 am Reformer Intermediate
9:00AM 10:00AM	9:30 am Reformer Intermediate	9:30 am Reformer Intermediate	9:30 am Reformer Foundations	9:30 am Reformer Advanced	9:30 am Reformer Advanced	9:30 am Reformer Intermediate
10:00AM 11:00AM	10:45 am Reformer Advanced	10:45 am Restorative Reformer	10:45 am Reformer Intermediate	10:45 am Reformer Foundations	10:45 am Reformer Foundations	10:45 am Reformer Foundations
12:00PM 1:00PM	12:00 pm Reformer Foundations	12:00 pm Reformer Foundations	12:00 pm Reformer Advanced	12:00 pm Reformer Foundations	12:00 pm Restorative Reformer	12:00 pm Reformer Foundations
		1:15 pm Reformer Intermediate				
1:00PM 4:00PM	1:00 pm Reformer Intermediate		1:15 pm Reformer Intermediate	1:00 pm Reformer Intermediate		
5:00PM 6:00PM	5:00 pm Reformer Foundations	5:15 pm Reformer Intermediate	5:15 pm Reformer Foundations	5:00 pm Reformer Foundations		
	6:00 pm Reformer Intermediate					
6:00PM 7:30PM	7:00 pm Reformer Foundations	6:30 pm Reformer Intermediate	6:15 pm Reformer Intermediate	6:00 pm Reformer Intermediate		
	NEW 8:00 pm Cardio Jumpboard x Reformer Intermediate	7:45pm Reformer Foundations	7:15 pm Strength Training x Reformer Pilates	7:15 pm Reformer Intermediate		

Policies

Studio & Clinic Session Cancellations
If you need to cancel your studio or clinic session, please provide us with 24 hours notice. Otherwise, regular charges will apply.

Group Class Cancellations
If you need to cancel a group class, please provide us with 6 hours notice. Otherwise, regular charges will apply.

5-Minute Rule for Group Classes
If you're running late for a reserved class, please let us know. Otherwise, after five minutes, your spot will be made available for others.

Group Class Schedule

Dupont Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM 9:00AM						
	8:15 am Reformer Intermediate	8:15 am Reformer Foundations	8:15 am Reformer Intermediate	8:15 am Reformer Foundations	8:15 am Reformer Foundations	8:15 am Reformer Intermediate
9:00AM 10:00AM	9:30 am Reformer Intermediate	9:30 am Reformer Intermediate	9:30 am Reformer Intermediate	9:30 am Reformer Intermediate	9:30 am Reformer Intermediate	9:30 am Reformer Intermediate
	9:30 am Mat Foundations	9:30 am Springboard Foundations	9:30 am Strength Training x Mat Pilates	9:30 am Mat Foundations	9:30 am Mat Intermediate	9:30 am Mat Intermediate
10:00AM 11:00AM	10:45 am Reformer Advanced	10:45 am Reformer Advanced	10:45 am Reformer Intermediate	10:45 am Reformer Advanced	10:45 am Reformer Intermediate	10:45 am Reformer Foundations
	10:45 am Springboard Advanced	10:45 am Mat Intermediate	10:45 am Springboard Intermediate	10:45 am Springboard Foundations	10:45 am Springboard Advanced	10:45 am Mat Advanced
12:00PM 1:00PM	12:00 pm Reformer Foundations	12:00 pm Springboard Intermediate	12:30 pm Reformer Foundations	12:00 pm Reformer Intermediate	12:00 pm Reformer Foundations	12:00 pm Reformer Intermediate
	1:15 pm Reformer Intermediate	12:30 pm Restorative Reformer		12:00 pm Springboard Intermediate	12:00 pm Springboard Foundations	12:00 pm Springboard Intermediate
1:00PM 5:00PM	2:30 pm Reformer Intermediate	1:30 pm Reformer Foundations	1:45 pm Restorative Reformer	1:30 pm Cardio Jumpboard x Reformer Intermediate	1:15 pm Reformer Foundations	1:00 pm Reformer Foundations
	5:30 pm Mat Advanced	4:15 pm Reformer Intermediate	4:15 pm Reformer Advanced			
5:00PM 6:00PM	5:30 pm Reformer Foundations	5:30 pm Reformer Intermediate	5:30 pm Reformer Intermediate	5:30 pm Reformer Foundations		
	6:45 pm Reformer Intermediate	6:30 pm Mat Intermediate	5:30 pm Mat Intermediate	6:45 pm Reformer Intermediate		
6:00PM 7:00PM	NEW 6:45 pm Strength Training x Mat Pilates	6:45 pm Reformer Intermediate	6:45 pm Reformer Foundations	6:45 pm Springboard Intermediate		
	7:45 pm Reformer Foundations	NEW 7:45 pm Cardio Jumpboard x Reformer Intermediate	7:45 pm Reformer Intermediate	7:45 pm Strength Training x Reformer Pilates		

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