

# April & May Class Schedule

\*\*\* Classes with sub

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
8:30 a.m. Virtual Pilates 8:30 am Pilates Equip II 8:30 am Reform er I/II 9:30 am Pilates Foundations 4:30 pm Pilates Equip I/II 5:30 pm Reform er I/II	9:30 am Pilates Equip II 10:30 am Pilates Equip I/II	8:30 am Reform er I/II 9:30 a.m. Pilates Reformer	7:30 a.m. Men's Pilates 8:10 a.m. Virtual Pilates 8:30 am Mat/Reform er I 9:30 Pilates Equipment II 10:30 Pilates Equipment I/II 4:30 pm Reform er I/II 5:30 pm Pilates Equip I/II	8:30 a.m. Pilates Foundations	8:00 a.m. Men's Pilates
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
8:30 am Pilates Equip II 8:30 am Reform er I/II 9:30 am Pilates Foundations 4:30 pm Pilates Equip I/II 5:30 pm Reform er I/II	8:10 a.m. Virtual Pilates 9:45 am Pilates Equip II 10:45 am Pilates Equip I/II	8:30 am Reform er I/II 9:30 a.m. Pilates Equip II	7:30 a.m. Men's Pilates 8:10 a.m. Virtual Pilates 8:30 am Mat/Reform er I 9:45 Pilates Equipment II 10:45 Pilates Equipment I/II	<b>Good Friday</b> 8:30 a.m. Pilates Mixed Equipment***	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
8:30 am Mat w/Props *** 9:30 am Pilates Foundations 5:00 pm Pilates Equip I/II***	8:10 a.m. Virtual Pilates 9:45 am Pilates Equip II 10:45 am Pilates Equip I/II	8:30 am Reform er I/II 9:30 a.m. Pilates Equip II	8:10 a.m. Virtual Pilates 8:30 am Mat/Reform er I 9:45 Pilates Equipment II 10:45 Pilates Equipment I/II 5:00 Pilates Equipment I/II***	8:30 a.m. Pilates Mixed Equipment***	8:00 a.m. Men's Pilates 9:30 a.m. Oov® Class Virtual or In-Studio
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
8:30 am Pilates Equip II 8:30 am Reform er I/II 9:30 am Pilates Foundations 9:45 am Pilates Equip II 10:45 am Pilates Equip I/II 4:30 pm Pilates Equip I/II 5:30 pm Reform er I/II	9:45 am Pilates Equip II 10:45 am Pilates Equip I/II KRISTEN WILL TEACH THESE CLASSES ON MONDAY 4/25/22	8:30 am Reform er I/II 9:30 a.m. Pilates Equip II	7:30 a.m. Men's Pilates 8:30 am Mat/Reform er I*** 9:45 Pilates Reformer*** 10:45 Pilates Reformer*** 4:30 pm Reform er I/II 5:30 pm Pilates Equip I/II	8:30 a.m. Pilates Foundations	8:00 a.m. Men's Pilates

KP – Kathy Perry, MS, NCPI®

Pamela Lessenberry, NCPI®

CK – Claire Klein, MS, PT, Reform er/Mat Certified

KV – Kristen Veltkamp, MS, PT, NCPI®

# April & May Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MAY 2</b>	<b>May 3</b>	<b>May 4</b>	<b>May 5</b>	<b>May 6</b>	<b>May 7</b>
8:30 am Pilates Equip II 8:30 am Reformer I/II 9:30 am Pilates Foundations 9:45 am Reformer – Susan *** 10:45 am Mixed Equip – Susan *** 4:30 pm Pilates Equip I/II 5:30 pm Reformer I/II	9:45 Pilates Equipment II ***	8:30 am Reformer I/II 9:30 a.m. Pilates Equip II	7:30 a.m. Men's Pilates 8:30 am Mat/Reformer I 9:45 Reformer II *** 10:45 Reformer I/II *** 4:30 pm Reformer I/II 5:30 pm Pilates Equip I/II	Kentucky Oaks 8:30 a.m. Pilates Foundations 9:45 am Reformer *** 10:45 am Mixed Equip ***	DERBY DAY! 8:00 a.m. Men's Pilates Mothers Day is May 8th!!
<b>May 9</b>	<b>May 10</b>	<b>May 11</b>	<b>May 12</b>	<b>May 13</b>	<b>May 14</b>
8:30 am Pilates Equip II 8:30 am Reformer I/II 9:30 am Pilates Foundations 9:45 am Reformer – Susan *** 10:45 am Mixed Equip – Susan *** 4:30 pm Pilates Equip I/II	8:10 am Virtual Pilates	8:30 am Reformer I/II 9:30 a.m. Pilates Equip II	7:30 a.m. Men's Pilates 8:10 a.m. Virtual Pilates 8:30 am Mat/Reformer I 9:45 Pilates Equipment II 10:45 Pilates Equipment I/II 4:30 pm Reformer I/II 5:30 pm Pilates Equip I/II	8:30 a.m. Pilates Foundations	8:00 a.m. Men's Pilates
<b>May 16</b>	<b>May 17</b>	<b>May 18</b>	<b>May 19</b>	<b>May 20</b>	<b>May 21</b>
8:30 am Pilates Equip II 8:30 am Reformer I/II 9:30 am Pilates Foundations 4:30 pm Pilates Equip I/II 5:30 pm Reformer I/II	8:10 a.m. Virtual Pilates 9:45 am Pilates Equip II 10:45 am Pilates Equip I/II	8:30 am Reformer I/II 9:30 a.m. Pilates Equip II	7:30 a.m. Men's Pilates 8:10 a.m. Virtual Pilates 8:30 am Mat/Reformer I 9:45 Pilates Equipment II 10:45 Pilates Equipment I/II 4:30 pm Reformer I/II 5:30 pm Pilates Equip I/II	8:30 a.m. Pilates Foundations 10:45 Pilates Equipment I/II	8:00 a.m. Men's Pilates
<b>May 23</b>	<b>May 24</b>	<b>May 25</b>	<b>May 26</b>	<b>May 27</b>	<b>May 28</b>
8:30 am Pilates Equip II 9:30 am Pilates Foundations 4:30 pm Pilates Equip I/II 5:30 pm Reformer I/II	10:30 am Mixed Equipment ***	8:30 am Reformer I/II 9:30 a.m. Pilates Equip II	7:30 a.m. Men's Pilates 4:30 pm Reformer I/II 5:30 pm Pilates Equip I/II	8:30 a.m. Pilates Foundations MEMORIAL DAY WEEKEND	

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Try class with a new instructor this month! Susan Stanton! ☺