



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<b>UPDATED</b> Intermediate Pilates Reformer/Chair Fusion 8:00am - 45min Del/Josie	Pilates Reformer 8:00am - 45min Josie	<b>SEASONAL</b> Pilates Reformer 6:30am - 45min Jenny	Pilates Reformer 8:00am - 45min Josie	<b>SEASONAL</b> Foundations of Pilates Reformer 6:30am - 45min Linda K	<b>SEASONAL</b> Foundations of Pilates Reformer 7:15am - 45min Justin/Jonell/Josie
Pilates Reformer 9:00am - 45min Stacy	<b>UPDATED</b> Intermediate Pilates Reformer/Chair Fusion 9:00am - 45min Stacy/Josie	Intermediate Pilates Reformer 8:00am - 45min Del	Intermediate Pilates Reformer/Chair Fusion 9:00am - 45min Jonell/Josie	Pilates Jumpboard & Props 8:00am - 45min Justin	Pilates Reformer 8:15am - 60min Justin/Jonell/Josie
Foundations of Pilates Reformer 10:00am - 45min Stacy	Pilates Reformer 10:00am - 45min Josie	Pilates Reformer 9:00am - 45min Josie	Pilates Reformer 10:00am - 45min Josie	<b>UPDATED</b> Intermediate Pilates Reformer/Chair Fusion 9:00am - 45min Josie/Jonell	Pilates Reformer 9:15am - 45min Justin/Jonell/Josie
<b>NEW</b> Intermediate Athletic Pilates Chair/Barre 10:00am - 45min Josie	Pilates Reformer NOON - 45min Josie	Pilates Reformer 10:00am - 45min Jonell	<b>NEW</b> Foundations of Pilates Reformer 12:00pm - 45min Jonell <i>Starts 7.18.24</i>	Pilates Reformer 10:00am - 45min Jonell	
Pilates Reformer 1:00pm - 45min Jonell	<b>NEW</b> Foundations of Pilates Reformer 1:00pm - 45min Jonell	<b>NEW</b> Intermediate Athletic Pilates Chair/Barre 10:00am - 45min Josie	Pilates Reformer 1:00pm - 45min Josie	Foundations of Pilates Reformer NOON - 45min Jonell	
Foundations of Pilates Reformer 4:30pm - 45min Karin L	Pilates Reformer 4:30pm - 45min Jonell	Pilates Reformer Noon - 45min Josie	Foundations of Pilates Reformer 4:30pm - 45min Linda		
Pilates Reformer 5:45pm - 45min Justin	Foundations of Pilates Reformer 5:45pm - 45min Justin	<b>SEASONAL</b> Intermediate Pilates Reformer 1:00pm - 45min Josie <i>Starts 7.17.24</i>	Pilates Reformer 5:45pm - 45min Sara		

10 Reformers offered in Granger!

Foundations of Pilates Reformer 4:30pm - 45min Karin L
Pilates Reformer with Props 5:45pm - 45min Sara

### Class Location

- Reformer Studio
- Yoga/Pilates Studio



Elkhart | Granger | Three Rivers

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