



pure Pilates

ELKHART

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates Reformer Fusion 6:30am – 45min Mallory	Tower/Table Tuesday 8:00am – 45min Peggy	Pilates Reformer Fusion 6:30am – 45min Mallory	Pilates Reformer Fusion 6:30am – 45min Peggy	Pilates Reformer Fusion 9:00am – 45min Mallory	Pilates Reformer Fusion 8:00am – 45min Theresa
Pilates Reformer Fusion 9:00am – 45min Mallory	Pilates Reformer Fusion 9:00am – 60min Peggy	Pilates Reformer Fusion 8:00am – 45min Mallory	Power Pilates 8:00am – 45min Peggy	Pilates Reformer Fusion 10:00am – 45min Mallory	Pilates Reformer Fusion 9:00am – 45min Theresa
Pilates Reformer Fusion 10:00am – 45min Mallory	Tower/Table Tuesday 12:00pm – 45min Peggy	Pilates Reformer Fusion 9:00am – 45min Mallory	Power Pilates 9:00am – 60min Peggy	Pilates Reformer Fusion 12:00pm – 45min Mallory	Pilates Reformer Fusion 10:00am – 45min Theresa
Pilates Reformer Fusion 11:00am – 45min Mallory		Pilates Reformer Fusion 12:00pm – 45min Mallory	Pilates Reformer Fusion 12:00pm – 45min Peggy	Class Location <input type="checkbox"/> Reformer Studio	
Pilates Reformer Fusion 12:00pm – 45min Mallory		NEW Pilates Reformer Fusioin 4:30pm – 45min Theresa	NEW Pilates Reformer Fusioin 4:30pm – 45min Peggy		
Pilates Reformer Fusion 4:30pm – 45min Theresa		Stretch & Strengthen Reformer 5:30pm – 45min Theresa	NEW Pilates Reformer Fusioin 5:30pm – 45min Peggy		
Stretch & Strengthen Reformer 5:30pm – 45min Theresa					

To try a **FREE** class or for more information, email us at

MPawling@BeaconHealthSystem.org



Elkhart | Granger | Three Rivers | Kalamazoo
BeaconHealthAndFitness.org