



pure Pilates

ELKHART

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates Reformer Fusion 6:30 a.m. – 45min Mallory	Tower/Table Tuesday 8 a.m. – 45min Peggy	Pilates Reformer Fusion 6:30 a.m. – 45min Mallory	Pilates Reformer Fusion 6:30 a.m. – 45min Peggy	Pilates Reformer Fusion 8 a.m. – 45min Mallory	Pilates Reformer Fusion 8 a.m. – 45min Varies
Pilates Reformer Fusion 8 a.m. – 45min Mallory	Tower/Table Tuesday 9 a.m. – 60min Peggy	Pilates Reformer Fusion 8 a.m. – 45min Mallory	Power Pilates 8:00 a.m. – 45min Peggy	Pilates Reformer Fusion 9 a.m. – 45min Mallory	Pilates Reformer Fusion 9 a.m. – 45min Varies
Pilates Reformer Fusion 9 a.m. – 45min Mallory	Tower/Table Tuesday Noon – 45min Peggy	Pilates Reformer Fusion 9 a.m. – 45min Mallory	Power Pilates 9:00 a.m. – 60min Peggy	Pilates Reformer Fusion 10 a.m. – 45min Mallory	Pilates Reformer Fusion 10 a.m. – 45min Varies
Pilates Reformer Fusion 10 a.m. – 45min Mallory		Pilates Reformer Fusion 10 a.m. – 45min Mallory	Pilates Reformer Fusion Noon – 45min Peggy	Pilates Reformer Fusion 11 a.m. – 45min Mallory	
Pilates Reformer Fusion 11 a.m. – 45min Mallory		Pilates Reformer Fusion Noon – 45min Mallory	Pilates Reformer Fusion 4:30 p.m. – 45min Theresa	Pilates Reformer Fusion Noon – 45min Mallory	
Pilates Reformer Fusion Noon – 45min Mallory		Pilates Reformer Fusion 4:30 p.m. – 45min Theresa	Pilates Reformer Fusion 5:30 p.m. – 45min Theresa		
Pilates Reformer Fusion 4:30 p.m. – 45min Theresa		Pilates Reformer Fusion 5:30 p.m. – 45min Theresa			
Pilates Reformer Fusion 5:30 p.m. – 45min Theresa					

Class Location

 Reformer Studio

To try a **FREE** class or for more information, email us at
mpawling@beaconhealthsystem.org



Elkhart | Granger | Three Rivers | Kalamazoo
beaconhealthandfitness.org