

PILATES SCHEDULE

MONDAYS

9:00 am, Traditional Reformer, with Natalie (All Levels)

TUESDAYS

8:00 am, Form & Control, with John (Beginners/Intermediate)

9:00 am, Traditional Reformer, with John (All Levels)

6:00 pm, Strength & Balance, with Justin (Intermediate)

WEDNESDAYS

8:00 am, Reformer Fundamentals, with Lyny (All Levels)

4:30 pm, Classical, with John (All Levels)

THURSDAYS

9:00 am, Traditional Reformer, with Natalie (All Levels)

FRIDAYS

9:00 am, Traditional Reformer, with Lyny (All Levels)

12:15 pm, HIIT Reformer, with Alissa (Cardio Reformer)

**jumping required, previous reformer experience highly encouraged.*

4:00 pm, Traditional Reformer, with John (Reformer Fundamentals)

SATURDAYS

10:00 am, Traditional Reformer, with Lyny (All Levels)

Haven't taken advantage of your free group reformer class yet?

SIGN UP & LEARN MORE:

Contact Natalie – natalie.rydell@swellclubs.com