Group Class Schedule
February – June 2014

Reformer Classes

Monday	12:00 pm – 1:00 pm
	5:15 pm – 6:15 pm
Tuesday	8:30 am – 9:30 am
	12:00 pm – 1:00 pm
Wednesday	12:00 pm – 1:00 pm
	5:15 pm – 6:15 pm
Friday	12:00 pm – 1:00 pm
	4:00 pm – 5:00 pm
Saturday	10:00 am – 11:00 am
Sunday	12:00 pm – 1:00 pm

Beginner Reformer Class

Saturday	9:00 am – 10:00 am

Visit www.thefirmpilates.com for more information.
Please use the QR Code below to view the latest class information and to reserve your spot online.