

Hampstead NH Studio 2017-18 September 10, 2017 – May 24, 2018

Monday

7:30 Reformer
8:30 Integrated Reformer-TOWER
9:30 Reformer

4:30 ♥ Reformer
5:45 Reformer
6:45 Reformer

Tuesday

7:30 ♥ Reformer *with Jumpboard Intervals*
6:00 ♥ Classical Flow Reformer

Wednesday

7:30 ♥ Reformer
8:30 Reformer -TOWER *Rotation*
9:30 Reformer -TOWER *Rotation*
4:30 ♥ Reformer-TOWER *Rotation*
5:45 Reformer-TOWER *Rotation*
6:45 TOWER / Circuit Pilates Surprise *Rotation*

Thursday

6:00 ♥ Classical Flow Reformer

Friday

7:30 Reformer
8:30 ♥ Reformer *with Jumpboard Intervals*
9:30 Reformer

Saturday

8:30 Reformer *with Jumpboard Intervals* *Instructor Rotation*
9:30 ♥ Classical Flow Reformer
