

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

Monday

♥ = Beginner Friendly

7:30	Reformer	
8:30	Integrated Reformer-TOWER	6:30 am Private/Duet
9:30	Reformer	10:30 Private/Duet
4:30	♥ Reformer	5:30 Private/Duet
6:30	Reformer	

Tuesday

7:30 am	♥ Reformer	8:30 Private/Duet
		9:30 Private/Duet
6:00 pm	♥ 65 Minute Classical Flow Reformer	7:15 Private/Duet

Wednesday

7:30	TOWER	
8:30	Reformer	
9:30	Reformer -TOWER <i>Rotation</i>	10:30 Private/Duet
4:30	♥ Reformer-TOWER <i>Rotation</i>	3:30 Private/Duet
6:30	TOWER / Circuit Pilates Surprise <i>Rotation</i>	5:30 Private/Duet

Thursday No AM Classes

6:00 pm ♥ **65** Minute Classical Flow Reformer

Friday

7:30	Reformer	6:30 am Private/Duet
8:30	♥ Reformer <i>with Jumpboard Intervals</i>	
9:30	Reformer	10:30 Private/Duet

Saturday *Instructor Rotation*

8:30	Reformer <i>with Jumpboard Intervals</i>	
9:30	♥ Classical Flow Reformer	10:30 Private/Duet
