

Hampstead NH Studio 2017-18 January 2 – May 24, 2018

Monday

7:30 Reformer
8:30 Reformer
9:30 Circuit (WaterRower – Reformer - TRX)
10:30 **Private/Duet Training**

4:30 Circuit (WaterRower – Reformer - TRX)
5:30 Classical Flow Reformer
6:30 Reformer

Tuesday

9:30 (Time to be Confirmed) Classical Pilates Equipment

6:30 *65 Minute* Classical Flow Reformer

Wednesday

7:30 Reformer
8:30 Circuit (WaterRower – Reformer - TRX)
9:30 Reformer –TOWER *Rotation*
10:30 **Private/Duet Training**

4:30 Reformer
5:30 **Private/Duet Training**
6:30 CIRCUIT SURPRISE (Jumpboard, WaterRower, Reformer, BOSU, TRX, Barre)

Thursday

AM Private/Duet Training

5:30 Classical Flow Reformer
6:30 *65 Minute* Classical Flow Reformer

Friday

7:30 Circuit (WaterRower – Reformer - TRX)
8:30 Classical Flow Reformer
9:30 Reformer

Saturday *Instructor Rotation*

8:30 CIRCUIT SURPRISE (Jumpboard, WaterRower, Reformer, BOSU, Barre, TRX)
9:30 Classical Flow Reformer

10:30

Private/Duet Training OR Pilates ORIENTATION

