

North Andover Studio **FALL SCHEDULE** 2018 ♥ *Passport* = Beginner Friendly **L2** = Level Two

**Monday**

8:15 L2 Pilates Equipment  
9:30 Reformer  
10:30 ♥ *Passport* Reformer

3:15 **FREE Orientation-Introductory Class**

4:30 L2 Pilates Equipment  
5:30 Pilates Equipment  
6:30 Reformer

**Tuesday**

9:15 50 minute Reformer / 10:05 -10:20 TRX Express  
10:30 ♥ *Passport* Reformer-Stretch

3:30 ♥ *Passport* “Tea Time” Reformer (8 week program- Starts 9/25)

4:30 ♥ *Passport* Reformer - Circuit

5:30 Reformer

7:00 ♥ *Passport* Reformer

**Wednesday**

8:15 ♥ 50 minute *Passport* Reformer / 9:05-9:20 Water Rower & TRX

9:30 ♥ *Passport* Reformer

10:30 **FREE Orientation-Introductory Class**

4:30 L2 Reformer

5:30 ♥ *Passport* Reformer - Circuit

6:30 Reformer –Circuit

7:30 **FREE Orientation-Introductory Class**

**Thursday**

9:15 50 minute Reformer / 10:05 -10:20 BARRE-TRX Express

10:30 ♥ *Passport* Reformer-Stretch

3:30 ♥ *Passport* “Tea Time” Reformer (8 week program- Starts 9/25)

4:30 ♥ *Passport* Reformer

5:30 Reformer

7:00 ♥ *Passport* Reformer-Stretch

**Friday**

8:15 *Circuit Surprise* (Reformer, Water Rower, Barre, Jumpboard, TRX)

9:30 Reformer

**Saturday**

7:45 L2 50 minute Reformer / 8:35-8:55 TRX Express 10:00 ♥ *Passport* Reformer

9:00 Reformer 11:00-11:45 **FREE Orientation-Introductory Class**