

## Hampstead Studio *FALL* 2018

♥ *Passport* = Beginner Friendly / L2 = Level Two

### Monday

- 7:30 Pilates Equipment  
8:30 ♥ *Passport* Reformer-Stretch  
9:30-10:35 65 Minute (50 minute Reformer) followed by CIRCUIT EXPRESS  
4:15 ♥ *Passport* "Tea Time" Reformer (8 week program- Starts 9/24)  
5:15-6:20 ♥ 65 minute (50 minute *Passport* Reformer) followed by CIRCUIT EXPRESS  
6:30 L2 Reformer

### Tuesday

- 9:00 ♥ Pilates Equipment  
6:30 ♥ *Passport* Reformer-Stretch

### Wednesday

- 7:30 Reformer  
8:30 Pilates Equipment  
9:30 ♥ *Passport* Reformer  
10:30-11:30 **FREE Orientation-Introductory Class**  
4:15 ♥ *Passport* "Tea Time" Reformer (8 week program- Starts 9/24)  
5:15-6:20 ♥ 65 minute *Passport* Reformer-Stretch  
6:30 L2 Pilates Equipment

### Thursday

- 9:00 ♥ *Passport* Reformer  
6:30 ♥ *Passport* Reformer

### Friday

- 7:30 Reformer -CIRCUIT COMBO  
8:30 ♥ *Passport* Reformer  
9:30 L2 Reformer

### Saturday

- 7:45-8:50 65 minute (50 minute *Passport* Reformer) followed by CIRCUIT EXPRESS  
9:00 ♥ *Passport* Reformer  
10:00-10:45 **FREE Orientation-Introductory Class**

