

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**

