

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
12 noon **FREE Orientation-Introductory Class**

3:30 ♥ *Passport* “Tea Time” Reformer (6 & 12 week program)
4:30 **L2** Pilates Equipment
5:30 Pilates Equipment
6:30 Reformer

Tuesday

7:00 ♥ *Passport* Reformer-Stretch
8:15 ♥ *Passport* Reformer-Stretch
9:15 65 minute (50 minute Reformer) / 10:05 -10:20 BARRE -TRX Express
10:30 ♥ *Passport* Reformer

4:30 ♥ *Passport* Reformer - *Circuit*
5:30 Reformer
7:00 ♥ *Passport* Reformer

Wednesday

8:15 ♥ 65 minute (50 minute *Passport* Reformer) / 9:05-9:20 Water Rower & TRX
9:30 ♥ *Passport* Reformer

3:30 ♥ *Passport* “Tea Time” Reformer (6 & 12 week program)
5:30 ♥ *Passport* Reformer - *Circuit*
6:30 65 minute (50 minute Reformer) / 7:20-7:35 *Circuit* Express

Thursday

7:00 ♥ *Passport* Reformer-Stretch
8:15 ♥ *Passport* Reformer-Stretch
9:15 65 minute (50 minute Reformer) / 10:05 -10:20 TRX Express
10:30 ♥ *Passport* Reformer

3:30 ♥ *Passport* Reformer
4:30 **L2** Reformer
5:30 Reformer
7:00 ♥ *Passport* Reformer

Friday

8:15 **L2** *Circuit Surprise* (Reformer, Water Rower, Barre, Jumpboard, TRX)
9:30 Reformer
10:30 ♥ *Passport* Reformer

Saturday

7:45 **L2** 65 minute (50 minute Reformer) / 8:35-8:55 TRX Express
9:00 Reformer
10:00 ♥ *Passport* Reformer
11:00 ♥ *Passport* Reformer

12 Noon **FREE Orientation-Introductory Class**
