

LOGAN SQUARE PILATES + CORE WEEKLY SCHEDULE

TIME	MONDAY - Equip	Monday - Floor	TUESDAY - Equip	TUESDAY - Floor	WEDNESDAY - Equip	WEDNESDAY - Floor	THURSDAY - Equip	THURSDAY - Floor	FRIDAY - Equip	FRIDAY - Floor	SATURDAY - Equip	SATURDAY - Floor	SUNDAY - Equip	SUNDAY - Floor
7:00 AM	7AM JUMPBOARD Logan		7AM OPEN LEVEL MIXED EQUIPMENT Wendy	7AM MAT OPEN LEVEL Logan	7AM LEVEL 2 REFORMER Logan		7AM LEVEL 1 REFORMER Chris	7AM PILATES CHAIR* (*Equip Class) DeeDee	7AM REFORMER + CHAIR Chris					
7:30 AM														
8:00 AM			8AM LEVEL 1 REFORMER Logan		8AM LEVEL 3 REFORMER Logan		8AM MOBILITY + BALANCE REFORMER DeeDee							
8:30 AM														
9:00 AM	9AM REFORMER + CHAIR Logan		9AM OPEN LEVEL MIXED EQUIPMENT Wendy	9AM MAT OPEN LEVEL Logan	9AM LEVEL 1 REFORMER Logan		9AM LEVEL 2 REFORMER Chris		9AM LEVEL 1 REFORMER Chris	9AM GENTLE RISE YOGA Nichole	9AM LEVEL 3 REFORMER Logan		9AM JUMPBOARD Logan	
9:30 AM														
10:00 AM								10AM MAT OPEN LEVEL DeeDee	10AM LEVEL 2 REFORMER Chris		10AM JUMPBOARD Logan	10AM MAT OPEN LEVEL Chris	10AM LEVEL 2 REFORMER Logan	
10:30 AM														
11:00 AM	11AM LEVEL 2 REFORMER Logan		11AM LEVEL 2 REFORMER Logan		11AM LEVEL 2 REFORMER Logan		11AM LEVEL 2 REFORMER DeeDee		11AM REFORMER + CHAIR DeeDee		11AM LEVEL 2 REFORMER Logan	11AM BALANCED YOGA Nichole	11AM LEVEL 1 REFORMER Logan	11AM SUNDAY FUNDAY PILATES MAT Aileen
11:30 AM														
12:00 PM	12PM LEVEL 1 REFORMER Logan			12PM BOOTYBARRE Logan		12PM MAT OPEN LEVEL Logan	12PM LAUNCH CLASS - INTRO TO PILATES (BEGINNERS CLASS) DeeDee	12PM BEGINNER PILATES MAT Chris	6PM LEVEL 2 REFORMER DeeDee	12PM MAT OPEN LEVEL Chris	12PM LEVEL 1 REFORMER Logan	12PM ADVANCED PILATES MAT DeeDee	12PM LAUNCH CLASS - INTRO TO PILATES (BEGINNERS CLASS) Aileen	12PM BOOTYBARRE Logan
12:30 PM														
1:00 PM														
1:30 PM							1:30 PM LEVEL 1 REFORMER DeeDee				1PM INTRO TO CHAIR Chris	1PM BOOTYBARRE Logan	1:30PM LEVEL 1 REFORMER Logan	
2:00 PM														
2:30 PM														
3:00 PM														
3:30 PM														
4:00 PM									4PM LEVEL 1 REFORMER DeeDee					
4:30 PM	4:30PM LEVEL 2 REFORMER Kara	4:30PM ADVANCED PILATES MAT Chris			5PM LEVEL 1 REFORMER Aileen		5PM LEVEL 3 REFORMER Chris	5PM THROWBACK JAMS PILATES MAT Aileen			5PM LEVEL 2 REFORMER DeeDee			
5:00 PM			5PM LEVEL 2 REFORMER Chris											
5:30 PM	5:30PM LEVEL 2 REFORMER Kara	5:30PM MAT OPEN LEVEL Chris	6PM LEVEL 1 REFORMER Chris	6PM MAT OPEN LEVEL DeeDee	6PM LEVEL 2 REFORMER Aileen	6PM BEGINNER YOGA Nichole	6PM LEVEL 2 REFORMER Chris	6PM BARRE SCULPT Aileen						
6:00 PM														
6:30 PM	6:30PM LEVEL 3 REFORMER Kara	6:30PM STRETCH & STRENGTHEN ON THE FOAM ROLLER Chris			7:15PM LEVEL 2 REFORMER DeeDee	7:15PM PILATES CHAIR* (*Equip Class) Chris	7PM LAUNCH CLASS - INTRO TO PILATES (BEGINNERS CLASS) Aileen							
7:00 PM														
7:30 PM		7:30PM CANDLELIGHT RESORATIVE YOGA Nichole												
8:00 PM														

