

Dita Pilates Studio Class Schedule - Summer 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am					Reformer Challenge - Rachel		
8:00 am				Reformer Challenge - Dita			
9:00 am	Mat Flow - Christina						
9:00 am	Reformer Challenge & SpringTone - Dita		Reformer Power - Daniel	Barre Glide - Dita	Reformer Challenge - Rachel	Barre Power - Dita	
10:00 am					Barre Bootcamp - Dita	Mat Sculpt - Kati	
10:00 am	Reformer Challenge - Dita	Barre Sculpt - Christina		Reformer Power - Dita		Reformer Power - Dita	Reformer Tone - Christina
11:00 am	Reformer - Dita	Reformer Power - Dita	Reformer Tone - Daniel				Barre Bootcamp - Christina
12:00 pm					Reformer Challenge - Dita		
1:00 pm	Schedule your own private groups!		Schedule your own private groups!		Schedule your own private groups!		
2:00 pm							
5:00 pm							
6:00 pm		Barre Tone - Christina					
6:00 pm	Reformer Challenge & SpringTone - Dita	Reformer - Dita	Reformer Power - Kati	Reformer - Christina			
7:00 pm		Reformer Power - Christina		Reformer Challenge & SpringTone - Christina			
8:00 pm		Reformer Tone - Christina					

Call us now to book your classes - 514.656.3482.

Space is limited (up to 8 people only)!

Private sessions can be scheduled at your convenience.