



Dita Pilates Studio Class Schedule -Fall / Winter 2017 (as of Monday Sep. 11th)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am					Reformer Challenge - Rachel		
8:00 am		Reformer Power - Dita		Reformer Challenge - Christina			
9:00 am	Barre Sculpt - Dita		Reformer Power - Daniel		Mat Sculpt-Dita		
9:00 am	Reformer Power - Daniel	Reformer Tone - Rachel		Barre Sculpt - Christina	Reformer Challenge - Rachel	Barre Play & Sweat-Dita	Reformer Tone - Shannon
10:00 am					Barre Body - Rachel		Barre Bootcamp - Samara
10:00 am	Reformer Challenge - Dita	Barre Body - Rachel		Reformer Power - Christina		Reformer Power - Dita	Reformer Power -Shannon
11:00 am	Reformer Tone - Daniel	Reformer Power - Dita	Reformer Tone - Daniel		Reformer Tone - Rachel		
12:00 pm							
1:00 pm							
2:00 pm							
5:00 pm							
6:00 pm		Reformer Tone - Shannon					
6:00 pm	Reformer Challenge - Daniel	Barre Burn - Christina	Reformer Power - Daniel	Reformer Tone - Shannon			
7:00 pm	Reformer Tone - Daniel	Reformer Power - Christina	Ashtanga Yoga - Daniel				
8:00 pm	Reformer for MEN - Daniel	Reformer Core - Shannon	Reformer for MEN - Daniel				

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.