



Dita Pilates Studio Class Schedule - Winter / Spring 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am					Reformer Challenge - Rachel		
8:00 am		Reformer Power - Dita	Reformer Power - Dita	Reformer Challenge - Dita			
9:00 am	Barre Sculpt - Dita		Reformer Power - Daniel		Mat Sculpt - Christina		
9:00 am	Reformer Power & SpringTone - Daniel	Reformer Tone - Rachel		Barre Glide - Dita	Reformer Challenge - Rachel	Barre Power - Dita	
10:00 am					Barre Bootcamp - Christina	Mat Sculpt - Amy	
10:00 am	Reformer Challenge - Dita	Barre Sculpt - Rachel		Reformer Power - Dita		Reformer Power - Dita	Reformer Tone - Shannon
11:00 am	Reformer - Daniel	Reformer Power - Dita	Reformer Tone - Daniel				Barre Bootcamp - TBC
12:00 pm					Reformer Challenge - Dita		
1:00 pm							
2:00 pm							
5:00 pm							
6:00 pm		Reformer - Dita					
6:00 pm	Reformer Challenge - Daniel	Barre Tone - Christina	Reformer Power - Daniel	Reformer - Dita			
7:00 pm		Reformer Power - Christina		Reformer Power & SpringTone - Dita			
8:00 pm	Reformer for MEN - Daniel	Reformer Tone - Christina	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.