



TEL.: 514.656.3482 • WWW.DITAPILATES.COM

FALL/WINTER 2019 SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 am			Rise & Shine Reformer (Open) Patricia		Rise & Shine Reformer (Open) Patricia		
8 am		Burn N Firm (Intermediate) Dita		Burn N Firm (Intermediate) Dita			
9 am	Full Body Reformer (Open) Shannon		Full Body Reformer (Open) Dita	Full Body Reformer (Open) Dita	Full Body Reformer (Open) Shannon	Reformer (Open) Dita	Reformer (Open) Amy
10 am		Barre Body (Open) Samara	Ultimate Reformer (Int./Adv.) Dita	BarreReformer (Open) Samara		Ultimate Reformer (Int./Adv.) Dita	Burn N Firm (Intermediate) Amy
11 am	Reformer & Tower (Open) Shannon	Full Body Reformer (Open) Dita	Full Body Reformer (Open) Isabelle		Full Body Reformer (Open) Isabelle		
12 pm					Burn N Firm (Intermediate) Isabelle		
6 pm	Full Body Reformer (Open) Samara	Reformer (Open) Patricia		Reformer (Open) Patricia			
7 pm	Burn N Firm (Intermediate) Samara	Full Body Reformer (Open) Patricia		Burn N Firm (Intermediate) Patricia			
8 pm			Burn N Firm (Intermediate) Samara				

Book your classes with us or online via the MINDBODY App (search Dita Pilates Studio)

Space is limited (max. 8 people).

Private sessions can be scheduled at your convenience.

www.ditapilates.com