

## SPRING/SUMMER SCHEDULE 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 am						
8 am		Reformer Power Dita		Reformer Challenge Dita		
9 am	Reformer Power Shannon		Reformer Power Dita		Reformer Challenge Shannon	Reformer Power Dita
10 am		Barre Body Samara	Athletic Reformer Dita	Reformer Power Dita		Reformer Challenge Dita
11 am	Reformer Tone Shannon	Reformer Power Dita	Reformer Tone Isabelle		Reformer Tone Isabelle	
12 am						
6 pm	Reformer Challenge Samara	Reformer Tone Patricia				
7 pm	Reformer Tone Samara	Reformer Power Patricia		Reformer Core Patricia		
8 pm			Athletic Reformer Samara			

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

Space is limited (up to 8 people only)!

Private sessions can be scheduled at your convenience.

[www.ditapilates.com](http://www.ditapilates.com)

