

SPRING/SUMMER SCHEDULE 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 am							
8 am		Reformer Power Dita		Reformer Challenge Dita			
9 am	Reformer Power Shannon		Reformer Power Dita		Reformer Challenge Shannon	Reformer Power Dita	Reformer Tone Amy
10 am		Barre Body Samara	Athletic Reformer Dita	Reformer Power Dita Barre Body Samara		Reformer Challenge Dita	Reformer Power Amy
11 am	Reformer Tone Shannon	Reformer Power Dita	Reformer Tone Isabelle		Reformer Tone Isabelle		Beach Body Bootcamp Samara (May 22nd-June 30th)*
12 am							
6 pm	Reformer Challenge Samara	Summer Body Bootcamp Patricia (May 14th-June 20th)*		Summer Body Bootcamp Patricia (May 14th-June 20th)*			
7 pm	Reformer Tone Samara	Reformer Power Patricia	Beach Body Bootcamp Samara (May 22nd-June 30th)*	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)!

*Bootcamps/intensives are pre-registered and reserved for clients committed to the entire enrollment. Enrollments meet 2x per week on indicated days

Private sessions can be scheduled at your convenience.

www.ditapilates.com