

2023 SMALL GROUP CLASS SCHEDULE (up to 8 ppl.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 am		Reformer Burn N' Firm (inter.) Samara		Athletic Reformer (adv.) Samara			
9 am	Reformer Sculpt (inter.) Dita		Reformer Sculpt (inter.) Dita		Reformer Sculpt (inter.) Dita	Reformer Burn & Stretch (open) Samara	
10 am		Reformer Burn N' Firm (inter.) Samara	Reformer AAA (inter.) Isabelle	Reformer Burn N' Firm (inter.) Samara	Reformer AAA (inter.) Isabelle	Athletic Reformer (adv.) Samara	Reformer Burn N' Firm (inter.) Amy
11 am	Reformer Tone (open) Samara		Full Body Reformer (open) Isabelle		Full Body Reformer (open) Isabelle		
12 pm							
6 pm		Reformer Tone (open) Sarah		Full Body Reformer open (Amy)			
7 pm							
8 pm							

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

Private & semi-private sessions can be scheduled to your convenience.
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