

# CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				7am Advanced Reformer Val	
				8 am Healthy Bones Mat Class Val	8 am Advanced Circuit Class Val Intermediate+ Reformer Heather
9:20 am Advanced Reformer Val		9 am Intermediate Reformer Diane			9:15 am Beginner Circuit Class Heather
			10 am Building Healthy Bone sit/stand Class/ Val		
				4:00 pm Modified Reformer Val	
	5 pm Modified reformer Val				
6 pm Beginner reformer Val/Heather	6 pm Mat /Diane 6pm Osteo Circuit Class Heather/Val	6:30 pm Advanced Reformer Val			
7pm Mat Class Val/Heather	7 pm Intermediate Reformer Diane				

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[www.hodgsonptandpilates.net](http://www.hodgsonptandpilates.net)

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