

## **Weekly Class Schedule**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**9:30 AM  
M**

**at Class I**

**9:30 AM**  
**Reformer & Equipment**

**9:30 AM**  
**Reformer & Equipment**

**9:30 AM**  
**Reformer & Equipment**

**9:30 AM**  
**Reformer & Equipment**

**10:35 AM**  
**Mat Classics (II)**

**5:00 PM**

**Reformer & Equipment**

**6:00 PM**

**Reformer & Equipment**

**6:00 PM**

**Reformer & Equipment**

**7:05 PM**

**Reformer & Equipment**

**7:05 PM**

**Reformer & Equipment**



Supplies: Everything needed for a great Pilates workout is provided at the LWP studio, including mats, towels, tools, and equipment. For enhanced core training, instability tools (i.e., Swiss balls, rollers, rotational discs, Magic Circles, Fit Discs, weighted balls, weights and Therabands<sup>T</sup><sub>M</sub>) are used in mat classes.

If you miss a class during the session, make ups are to be made within the session.