



HEALTHPLEX®
SPORTS CLUB

PILATES REFORMER SCHEDULE

October 2019

MON	TUE	WED	THU	FRI	SAT	SUN
	7:00-8:00 Reformer Jess		8:00-9:00 Reformer Jess	7:00-8:00 Reformer Jess		
		9:30-10:30 Reformer Lisa				
				10:45-11:45 Reformer Barb		
	11:30-12:30 Reformer Barb		11:00-12:00 Reformer Barb			