

# Class Schedule

Glebe Pilates

October 9th - October 15th

## MONDAY

## WEDNESDAY

**7AM** Reformer Wake Up with Sara

**8AM** Power Pilates with Kelly

**9AM** The Essentials with Kelly

**12PM** A\$\$ Class with Karen

**5PM** Flow with Karen

**6PM** Flow with Karen

**7PM** Beginner with Karen

## FRIDAY

**6:15AM** Quick 40 with Sara

**7AM** Reformer Wake Up with Sara

**8AM** Quick 40 with Karen

**9AM** Flow with Karen

**12PM** Burn with Karen

**1PM** Abs & A\$\$ with Karen

**5PM** Arms & Abs with Sara

## TUESDAY

**7AM** Reformer Wake Up with Amy

**8AM** Reformer + Tower Flow with Amy

**12PM** Beginner Plus with Kelly

**1PM** Flow with Kelly

**5:30PM** Athletic Conditioning with Janice

**6:30PM** Beginner Plus with Janice

## THURSDAY

**7AM** Reformer Wake Up with Amy

**8AM** Reformer + Tower Flow with Amy

**12PM** Power Pilates with Kelly

**1PM** Beginner Plus with Kelly

**5:30PM** A\$\$ Class with Karen

**6:30PM** Beginner Plus with Karen

## SATURDAY

**9AM** Open Level/Beginner with Aileen

**10AM** Burn with Aileen

**11AM** A\$\$, Abs, Arms with Aileen

**2PM** Beginner Plus with Joanna

**3PM** Flow with Joanna

## SUNDAY

**9:30AM** Burn + Stretch with Sara

**10:30AM** Flow with Sara

[book your classes here](#)

*Glebe Pilates*

BOUTIQUE STUDIOS