



Weekly Group Reformer Class Schedule

Monday: 9am

Tuesday: 6:30am, 9am, 5:30pm

Wednesday: 6:30am, 9am, 6pm

Thursday: 5:00pm

Friday: 6:30am, 9am

Saturday: 9am

Sunday: 9:30am

Bring your own water. Grippy socks or bare foot recommended.

Group Reformer Classes differ each week and may include use of Pilates Tower, Chairs, Arc Barrels and Magic Circles as well as Reformer. Classes are tailored to the level of participants. 5 person max per class.

Book Classes online at www.SouthtownsPilates.com