SPRING SCHEDULE 2025

MFANDPILATES@GMAIL.COM

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| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **7:00-8:00am**  **MEGAN**  **Beginner Intermediate Full Apparatus** | **9:00-10:00am**  **TYRA**  **Beginner Full Apparatus** | **7:45-8:45am**  **FIONA**  **Beginner Intermediate Full Apparatus** | **9:15 – 10:15am**  **FIONA**  **Intermediate Full Apparatus** | **7:00-8:00am**  **FIONA/MEGAN**  **Beginner Full Apparatus** | **12:00-5:00pm**  **MEGAN**  **Private and Semi Private Athletic Sport Specific Training** |
|  | **10:10-11:10am**  **TYRA/FIONA**  **Gentle Intermediate Full Apparatus** | **9:00-10:00am**  **FIONA**  **Intermediate Full Apparatus** | **10:30-11:30am**  **FIONA**  **Gentle Intermediate**  **Full Apparatus** | **9:00-10:00am**  **FIONA**  **Intermediate Advanced Full Apparatus** |  |
| **IRPP Minis**  **12:00-12:30pm**  **IRPP Minis**  **12:45-1:15pm** | **12:00-1:00pm**  **FIONA**  **Intermediate Full Apparatus** | **IRPP Minis**  **10:15-11:15am**  **Independent Recovery Pilates Program Design**  **11:30-12:30pm** | **IRPP Minis**  **12:00-12:30pm** | **Independent Recovery Pilates Program Design**  **10:30-11:30am** | **12:00-1:00**  **MEGAN**  **Reformer Stretch Combo**  **All levels welcome** |
|  | **IRPP Minis**  **4:30-5:00pm** | **4:00-5:00pm**  **DOT**  **Gentle Corrective**  **Full Apparatus** |  | **2:30-3:30pm**  **DOT**  **Gentle Corrective Full Apparatus** | **IRPP Minis**  **1:15-1:45pm** |
| **5:15-6:15pm**  **FIONA**  **Advanced Full Apparatus** | **5:15-6:15pm**  **MEGAN**  **Gentle Intermediate Full Apparatus** | **5:15 – 6:15pm**  **DOT**  **Beginner Intermediate Full Apparatus** | **5:15-6:15pm**  **FIONA**  **Intermediate Full Apparatus** |  | **Sunday** |
| **6:35-7:35pm**  **FIONA**  **Intermediate Advanced Full Apparatus** | **6:35-7:35pm**  **MEGAN**  **Intermediate Full Apparatus** | **6:35-7:35pm**  **DOT**  **Gentle Intermediate Full Apparatus** | **6:35-7:35pm**  **FIONA**  **Beginner Full Apparatus** | **Drop in OPTION**  **1 - $36.75**  **5 - $157.50**  **10 - $315.00** | **9:30-10:30am**  **FIONA**  **Mat Pilates**  **ZOOM** |
| **7:50-8:50pm**  **FIONA**  **Advanced Full Apparatus** | **7:50-8:50pm**  **MEGAN**  **Intermediate Full Apparatus** | **7:50-8:50pm**  **TYRA**  **Intermediate Advanced**  **Full Apparatus** | **7:50-8:50pm**  **FIONA**  **Advanced Full Apparatus** |  | **ZOOM PASSES**  **1-$15**  **5-$65**  **10-$130** |

**IRPProgram** is a specific program designed for each person. If you are interested in this program, please contact us directly. If you are a new client, 2 private sessions will be required. If you are an existing client, 1 private session will be required. The **IRPProgram** mini half hour sessions are not open for makeups or drop ins.

No classes on stat holidays