SPRING SCHEDULE 2025

MFANDPILATES@GMAIL.COM

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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