IRPProgram SCHEDULE

[MFANDPILATES@GMAIL.COM](mailto:MFANDPILATES@GMAIL.COM)

\*2 separate one hour initial set up privates for new clients

\*1 hour initial set up privates for clients who are already moving with us

\*Contact us for private session bookings

\*more time slots are available upon request for the initial set days. Simply request.

\*more time slots will be available for the mini sessions as the program progresses.

\*for those transitioning into the class setting after the mini group sessions – please look for the Gentle Corrective classes on our full schedule OR the Gentle Classes

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  |  |
|  |  | **Group 10:30-11:00am** |  | **PRIVATE BOOKINGS FOR MINI SESSIONS**  **10:30-11:30** |  |
| **Group 12:00-12:30pm**  **Group 12:45-1:15pm** |  | **PRIVATE BOOKINGS FOR MINI SESSOINS**  **11:15-12:15PM** | **Group 12-12:30pm**  **Group 12:45-1:15pm** |  | **PRIVATE BOOKINGS FOR MINI SESSIONS**  **1-5:00pm** |
|  | **Group**  **4:30-5:00pm** |  |  |  | **Group**  **1:15-2:45pm** |

**No classes on STAT holidays**