

# PILATES REFORMER WEEKLY SCHEDULE

## TUESDAY

*7am - 8am Rachel (Advanced)*  
*8am - 9am Rachel*  
*9am - 10am Rachel*

## WEDNESDAY

*8am - 9am Aubrey*  
*9am - 10am Aubrey*  
*5:30pm - 6:30pm Rochelle*

## THURSDAY

*7am - 8am Rachel (Advanced)*  
*8am - 9am Rachel*  
*9am - 10am Rachel*

## FRIDAY

*8am - 9am Aubrey*  
*9am - 10am Aubrey*

## SATURDAY

*9:30am - 10:30am Rochelle*  
*10:30am - 11:30am Rochelle*

## SUNDAY

*9:30am - 10:30am Sarah J*  
*10:30am - 11:30am Sarah J*