



49 West 23rd Street, 2nd floor · NYC 10010 (between 5th & 6th Avenue) · 212-627-5852

MAT · TOWER · CARDIO+CORE ONE SHOT CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				7:30-8:30 am Open Pilates Mat Megan K.		
		9:00-10:00am Intermediate Mat Suzanne			10:00-11:00am Open Pilates Mat Cortnie	
				11:00-12:00 pm Open Pilates Mat Amanda	11:00-12:00 pm Open Pilates Mat Juan	11:00-12:00 pm Open Pilates Mat Patrick
12:00-12:45 pm Intro to Pilates Mat Susan	12:00-12:45 pm Intro to Pilates Mat Susan				*11:00-12:00 pm Pilates Tower Cortnie	
12:00-1:00 pm Open Pilates Mat Apu	12:30-1:30 pm Open Pilates Mat Carrie	12:00-12:45 pm Intro to Pilates Mat Susan	12:00-1:00 pm Open Pilates Mat Anna	12:00-1:00 pm Open Pilates Mat Susan	12:00-12:45 pm Intro to Pilates Mat Ashley	*12:00-1:00 pm Pilates Tower Patrick
1:00-2:00 pm Power Pilates One Shot Mat™ Susan	*1:00-2:00 pm Pilates Tower Susan	12:30-1:30 pm Open Pilates Mat Carrie	12:30-1:00 pm Pilates Express Megan K	12:00-12:45 pm Intro to Pilates Mat Michel		12:00-12:45 pm Intro to Pilates Mat Keren
*1:00-2:00 pm Pilates Tower Carrie		2:00-3:00 pm Power Pilates One Shot Mat™ Susan	*1:00-2:00 pm Pilates Tower Carrie	*1:00-2:00 pm Pilates Tower Carrie		
	3:00-4:00 pm Open Pilates Mat Jennifer	2:00-2:45 pm Intro to Pilates Mat Meira	3:00-4:00 pm Advanced Mat Carrie		2:00-3:00 pm Open Pilates Mat Juan	2:00-3:00 pm Open Pilates Mat Amanda
3:00-4:00 pm Open Pilates Mat Syelle	5:30-6:15 pm Intro to Pilates Mat Bianca	3:00-4:00 pm Open Pilates Mat Syelle		3:00-4:00 pm Open Pilates Mat Carrie	*3:00-4:00 pm Pilates Tower Cortnie	
5:30-6:15 pm Intro to Pilates Mat Andrea	6:00-7:00 pm Power Pilates One Shot Mat™ Juan	5:15-6:00 pm Intro to Pilates Mat Andrea		6:00-7:00 pm Open Pilates Mat Judy	4:00-5:00 pm Open Pilates Mat Juan	
6:30-7:30 pm Open Pilates Mat Juan	6:00-7:00 pm Open Pilates Mat Jennifer	6:00-7:00 pm Power Pilates One Shot Mat Juan	6:30-7:15 pm Intro to Pilates Mat Samantha	6:30-7:30 pm Power Pilates One Shot Mat™ Juan		
7:00-8:00 pm Candlelight Core Steven	7:00-8:00 pm Open Magic Circle Mat Jessie	6:15-7:15 pm Open Pilates Mat Apu	6:30-7:30 pm Open Pilates Mat Jennifer	*7:00-8:00 pm Pilates Tower Judy		
*7:30-8:30 pm Pilates Tower Juan	*7:00-8:00 pm Pilates Tower Jennifer	7:30-8:30 pm Beginner Pilates Mat Apu	*7:30-8:30 pm Pilates Tower Syelle			

Call to make an appointment for Tower and Apparatus sessions.
*24 hour cancellation policy.