



Virtual Studio Class Schedule

Virtual Studio Fletcher Fusion™ classes are for those with previous Pilates experience. The **INTRO** class is designed for new members but is also available for ALL Virtual Studio regulars who wish to review the Fletcher FUNdamentals. **Sign-up** via your MindBody account.

September 8 to December 19, 2020. Teachers and classes are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11am Virtual Fletcher Fusion™ Jacqueline</p>	<p>9am Virtual Fletcher Fusion™ Jean-Charles</p>	<p>11am Virtual Fletcher Fusion™ Cathy</p>	<p>9am Virtual Fletcher Fusion™ Anne</p>	<p>11am Virtual Fletcher Fusion™ Mary Catherine</p>	<p>11am Virtual Fletcher Fusion™ Jane</p>
<p>4:30pm Virtual Fletcher Fusion™ Marilena</p>	<p>4:30pm 7 week Virtual Fletcher Fusion™ (INTRO) Starts Sept 15 Charlie</p> <p>7pm Virtual Fletcher Fusion™ Charlie</p>		<p>5pm Virtual Fletcher Fusion™ Kim</p>		<p>Sunday</p> <p>11am Virtual Fletcher Fusion™ Jenn</p> <p>Fletcher Fusion™ - strength - mobility - balance - coordination</p> <p>A full-body workout that includes at least 2 of the following:</p> <p>Pilates Matwork Fletcher Towelwork Fletcher Barrework Fletcher Floorwork</p>