



In-Studio Group Equipment Class Schedule

Reformer (limited to 5 people) and Chair (limited to 5 people) are by appointment only.
 Email info@pilatesspace.com to check availability. 7 week (INTRO) Reformer available.

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.

January 4 to May 2, 2021. 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 7 week Virtual Fletcher Fusion™ (INTRO) 1. Jan 12 - Feb 23 2. March 9 – April 20 Charlie</p> <p>11am Reformer Jacqueline</p> <p>1pm Reformer Charlie</p>	<p>11am Virtual Fletcher Fusion™ Cathy</p> <p>1pm Reformer Mary Catherine</p>	<p>9am Virtual Fletcher Fusion™ Anne</p> <p>11:30am Wunda Chair Jacqueline</p>	<p>10:45am Reformer Cathy</p> <p>11am Virtual Fletcher Fusion™ Mary Catherine</p> <p>12pm Reformer Mary Catherine</p>	<p>9:45am Reformer Kim</p> <p>11am Virtual Fletcher Fusion™ Jane</p> <p>11am Reformer Kim</p> <p>12:15 pm Reformer Kim</p>
<p>4:30pm Virtual Fletcher Fusion™ Marilena</p> <p>6pm Reformer Kim</p> <p>7:15pm Reformer Kim</p>	<p>5 pm Reformer Kim</p> <p>6:15pm Reformer Kim</p> <p>7pm Virtual Fletcher Fusion™ Charlie</p>	<p>5 pm Reformer Charlie</p> <p>6:15pm Reformer Charlie</p>	<p>5pm Virtual Fletcher Fusion™ Kim</p> <p>6:15pm 7 week (INTRO) Reformer Mar 11 – Apr 22 Charlie</p> <p>6:15pm Wunda Chair Kim</p> <p>7:30pm Reformer Kim</p>		<p>Sunday</p> <p>11am Virtual Fletcher Fusion™ Jenn</p> <p>Virtual Fletcher Fusion™</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>