



1462 First Avenue, Second Floor (2W), Corner 1st Ave and 76th St.							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:35 AM 8:40 AM		Mixed Level 1/2		Mixed Level 1/2			
8:35 AM 9:40 AM	1	1		1	Mixed Level 1/2		
9:05 AM 9:55 AM							
9:00 AM 9:55 AM			Mixed Level 1/2				1
10:05 AM 11:00 AM	Mixed Level 1/2		1		1	1	Mixed Level 1/2
11:10 AM 12:05 PM	1	1	FREE Introductory Class	1	Mixed Level 1/2	Mixed Level 1/2	1
12:15 PM 1:10 PM	FREE Introductory Class	Mixed Level 1/2	1	Mixed Level 1/2		FREE Introductory Class	FREE Introductory Class
1:20 PM 2:15 PM						1	Mixed Level 1/2
1:45 PM 2:40 PM		1	Mixed Level 1/2	1		Mixed Level 1/2	1
2:25 PM 3:20 PM							
4:20 PM 5:15 PM	Mixed Level 1/2		1		1		
5:25 PM 6:20 PM	1	Mixed Level 1/2	Mixed Level 1/2	Mixed Level 1/2	Mixed Level 1/2		
6:30 PM 7:25 PM	Mixed Level 1/2	FREE Introductory Class		FREE Introductory Class	1		
7:35 PM 8:30 PM	1	1	Mixed Level 1/2	1			
							Last updated 3/15/08

PLEASE USE OUR ONLINE WEBSCHEDULER FOR UP-TO-THE-MINUTE INFORMATION ON SCHEDULE CHANGES & REGISTRATION:  
www.PilatesReformingNY.com

Class reservations require 12 hrs notice to cancel/reschedule. If you call 1hr/more before class start you have the option of paying a \$10 fee to save that class. If you do not call, the class is automatically forfeited. 212-944-0611