

FALL **IN STUDIO** TRAINING SCHEDULE AT A GLANCE - CORE PILATES NYC

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	Tower Hour w/ Kaitlyn			Reformer Hour w/ Kaitlyn			
8:15 AM	Reformer Hour w/ Kaitlyn			Tower Hour w/ Kaitlyn			
9:30 AM						Reformer Hour w/ Lindsey	
11:00 AM		Tower Hour w/ Jenn				Apparatus Circuit Hour w/ Lindsey	
12:00 PM	Reformer Hour w/ Kaitlyn	12:15 PM Reformer Hour w/ Jenn		Reformer Hour w/ Kaitlyn		12:30 PM Reformer Hour w/ Nikki	12:15 PM Reformer Hour w/ Kelli C.
3:00 PM					Tower Hour w/ Jenn		
4:00 PM			Reformer Hour w/ Ji				
5:00 PM		Reformer Hour w/ Vanessa	5:15 PM Tower Hour w/ Ji	Tower Hour w/ Bianca	5:15 PM Reformer Hour w/ Jenn		
6:15 PM		Tower Hour w/ Vanessa		Reformer Hour w/ Bianca			

CORE PILATES NYC OPEN PILATES GYM

For our Open Pilates Gym, you will have your own Apparatus. Machines are spaced 6 feet apart with partitions between them. A teacher is present to supervise your workout.

APPARATUS CIRCUIT HOUR - 20 minutes each of work on the Tower, Chair, and Mat. Limited to 3 participants.

REFORMER HOUR - A full hour of open-studio time devoted solely to the Pilates workout that only the classic Reformer can deliver. Limited to 5 participants.

TOWER HOUR - Pilates-style resistance training exclusively on the Tower apparatus rotating through the springs, bars, and straps. Limited to 3 participants.