

# pure Pilates

GRANGER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Pilates Reformer Intermediate</b> 8am - 45min Reformer Studio Del	<b>Pilates Reformer Intermediate</b> 8am - 45min Reformer Studio Lauren	<b>Pilates Reformer Intermediate</b> 8am - 45min Reformer Studio Del	<b>Pilates Reformer Intermediate</b> 8am - 45min Reformer Studio Lauren	<b>Pilates Reformer Intermediate</b> 8am - 45min Reformer Studio Susan	<b>Pilates Reformer</b> 8:15am - 45min Reformer Studio Instructor Varies
<b>Pilates Reformer Intermediate</b> 9am - 45min Reformer Studio Susan	<b>Pilates Reformer</b> 9am - 45min Reformer Studio Missy	<b>Pilates Chair Fusion</b> 9am - 45min Reformer Studio Del	<b>Pilates Reformer</b> 9am - 45min Reformer Studio Missy	<b>Pilates Reformer</b> 9am - 45min Reformer Studio Susan	<b>Pilates Reformer</b> 9:15am - 45min Reformer Studio Instructor Varies
<b>Barre/Pilates Chair Fusion</b> 9am - 45min Yoga/Pilates Studio Del	<b>Pilates Reformer Intermediate</b> 11:15am - 45min Reformer Studio Lauren	<b>Pilates Reformer</b> 1pm - 45min Reformer Studio Kerri	<b>Barre/Pilates Chair</b> 10:15am - 45min Yoga/Pilates Studio Lauren	<b>Pilates Reformer</b> 10am - 45min Reformer Studio Chelsea	
<b>Pilates Reformer/Chair</b> 10am - 45min Reformer Studio Susan	<b>Pilates Reformer</b> 1pm - 45min Reformer Studio Chelsea	<b>Pilates Reformer</b> 5:45pm - 45min Reformer Studio Josie	<b>Pilates Reformer Intermediate</b> 11:15am - 45min Reformer Studio Lauren		
<b>Pilates Reformer</b> 1pm - 45min Reformer Studio Kerri	<b>Pilates Reformer</b> 5:45pm - 45min Reformer Studio Josie		<b>Pilates Reformer</b> 1:05pm - 45min Reformer Studio Josie		
<b>Pilates Reformer</b> 5:45pm - 45min Reformer Studio Missy			<b>Pilates Reformer</b> 5:45pm - 45min Reformer Studio Sara M		

### Class Location

- Reformer Studio
- Yoga/Pilates Studio

To try a **FREE** class or for more information, email Del at [Estukel@beaconhealthsystem.org](mailto:Estukel@beaconhealthsystem.org)



**Granger | South Bend**  
BeaconHealthAndFitness.org