



pure Pilates

ELKHART

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|--|
| Pilates Reformer 6:15am-45min Pilates Reformer Studio | Pilates Chair/Barre 9:00am – 45min Yoga/Pilates Studio | Pilates Reformer 6:15am-45min Pilates Reformer Studio | Pilates Chair/Barre 9:00am – 45min Yoga/Pilates Studio | Pilates Reformer 8:00am – 45min Pilates Reformer Studio | Pilates Reformer 8:15am – 45min Pilates Reformer Studio |
| Pilates Chair/Barre 8:00am – 45min Yoga/Pilates Studio | Pilates Reformer/Chair 10:0am – 45min Pilates Reformer Studio | Pilates Chair/Barre 8:00am – 45min Yoga/Pilates Studio | Pilates Reformer/Chair 10:0am – 45min Pilates Reformer Studio | Pilates Reformer/Chair 9:00am – 45min Pilates Reformer Studio | |
| Pilates Reformer 9:00am – 45min Pilates Reformer Studio | Pilates Reformer 5:45pm – 45min Pilates Reformer Studio | Pilates Reformer 9:00am – 45min Pilates Reformer Studio | Pilates Reformer 5:45pm – 45min Pilates Reformer Studio | Pilates Reformer 10:0am – 45min Pilates Reformer Studio | |
| Pilates Reformer 12:00pm – 45min Pilates Reformer Studio | | Pilates Reformer 12:00pm – 45min Pilates Reformer Studio | | | |
| Pilates Reformer 5:45pm – 45min Pilates Reformer Studio | | Pilates Reformer 5:45pm – 45min Pilates Reformer Studio | | | |
| Pilates Reformer/Chair 6:35pm – 45min Pilates Reformer Studio | | Pilates Reformer/Chair 6:35pm – 45min Pilates Reformer Studio | | | |

Class Location

- Reformer Studio
- Yoga/Pilates Studio



To try a **FREE** class or for more information, email Del at ESTukel@beaconhealthsystem.org

Elkhart | Granger | South Bend
 BeaconHealthAndFitness.org
 ESTukel@beaconhealthsystem.org