

pure Pilates

GRANGER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates Reformer Intermediate 8am - 45min Reformer Studio Del	Pilates Reformer Intermediate 8am - 45min Reformer Studio Lauren	Pilates Reformer Intermediate 8am - 45min Reformer Studio Del	Pilates Reformer Intermediate 8am - 45min Reformer Studio Lauren	Pilates Reformer Intermediate 8am - 45min Reformer Studio Lauren	Pilates Reformer 8:15am - 45min Reformer Studio Instructor Varies
Pilates Reformer Intermediate 9am - 45min Reformer Studio Missy	Pilates Reformer 9am - 45min Reformer Studio Missy	Pilates Reformer 9am - 45min Reformer Studio Del	Pilates Reformer 9am - 45min Reformer Studio Missy	Pilates Reformer 9am - 45min Reformer Studio Lauren	Pilates Reformer 9:15am - 45min Reformer Studio Instructor Varies
Pilates Reformer/Chair 10am - 45min Reformer Studio Missy	Barre/Pilates Chair 10:15am - 45min Yoga/Pilates Studio Jess	Pilates Reformer 1pm - 45min Reformer Studio Kerri	Barre/Pilates Chair 10:15am - 45min Yoga/Pilates Studio Jess	Pilates Reformer 10am - 45min Reformer Studio Stacy	
Pilates Reformer 1pm - 45min Reformer Studio Kerri	Pilates Reformer 1pm - 45min Reformer Studio Jess	Pilates Reformer 5:45pm - 45min Reformer Studio Josie/Britt	Pilates Reformer 1:05pm - 45min Reformer Studio Josie		
Pilates Reformer 5:45pm - 45min Reformer Studio Sara	Pilates Reformer 5:45pm - 45min Reformer Studio Josie		Pilates Reformer 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



Granger | South Bend
BeaconHealthAndFitness.org