

pure Pilates

GRANGER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates Reformer Flexibility 6:15am - 45min Del	Pilates Reformer 8:00am - 45min Heather	Pilates Reformer 6:05am - 45min Jenny	Pilates Reformer 8:00am - 45min Heather	Pilates Reformer 8:00am - 45min Josie	Pilates Reformer 8:15am - 45min Stacy/Heather
Pilates Reformer Intermediate 8:00am - 45min Del	Pilates Reformer Intermediate 9:00am - 45min Missy	Pilates Reformer Intermediate 8:00am - 45min Del	Pilates Reformer Intermediate 9:00am - 45min Missy	Pilates Reformer 9:00am - 45min Josie	Pilates Reformer 9:15am - 45min Stacy/Heather
Pilates Reformer 9:00am - 45min Stacy	Pilates Chair/Barre 10:15am - 45min Tammy	Pilates Reformer 9:00am - 45min Del	Pilates Reformer 1:00pm - 45min Josie	Pilates Reformer 10:00am - 45min Josie	
Pilates Reformer 10am - 45min Heather	Pilates Reformer NOON - 45min Josie	Pilates Reformer 10:00am - 45min Heather	Pilates Reformer 5:45pm - 45min Sara M	Pilates Reformer NOON - 45min Heather	
Pilates Reformer 1:00pm - 45min Kerri	Pilates Reformer 4:30pm - 45min Jonell	Pilates Reformer 1:00pm - 45min Kerri			
Pilates Reformer 5:45pm - 45min Sara	Pilates Reformer 5:45pm - 45min Caylee	Pilates Reformer 3pm - 45min McKenzie			
		Pilates Reformer 5:45pm - 45min Jenny			

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