



Pure Pilates

GRANGER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates Reformer 8:00am - 45min Reformer Studio Del	Pilates Reformer Intermediate 8:00am - 45min Reformer Studio Jess	Pilates Reformer 6:05am - 45min Reformer Studio Jenny	Pilates Reformer Intermediate 8:00am - 45min Reformer Studio Jess	Pilates Reformer 8:00am - 45min Reformer Studio Josie	Pilates Reformer 8:15am - 45min Reformer Studio Stacy/Heather
Pilates Reformer Intermediate 9:00am - 45min Reformer Studio Del	Pilates Reformer 9:00am - 45min Reformer Studio Heather	Pilates Reformer Intermediate 8:00am - 45min Reformer Studio Del	Pilates Reformer 9:00am - 45min Reformer Studio Jess	Pilates Reformer 9:00am - 45min Reformer Studio Josie	Pilates Reformer 9:15am - 45min Reformer Studio Stacy/Heather
Pilates Reformer 10am - 45min Reformer Studio Heather	Pilates Chair/Barre 10:15am - 45min Yoga/Pilates Studio Jess	Pilates Reformer 9:00am - 45min Reformer Studio Del	Pilates Chair/Barre 10:00am - 45min Yoga/Pilates Studio Jess	Pilates Reformer 10:00am - 45min Reformer Studio Josie	
Pilates Reformer 1:00pm - 45min Reformer Studio Heather	Pilates Reformer 1:00pm - 45min Reformer Studio Jess	Pilates Reformer 10:00am - 45min Reformer Studio Heather	Pilates Reformer 1:00pm - 45min Reformer Studio Josie	Pilates Reformer NOON - 45min Reformer Studio Heather	
Pilates Reformer 5:45pm - 45min Reformer Studio Sara	Pilates Reformer 5:45pm - 45min Reformer Studio Caylee	Pilates Reformer 1:00pm - 45min Reformer Studio Jenny	Pilates Reformer 5:45pm - 45min Reformer Studio Sara M		
		Pilates Reformer 5:45pm - 45min Reformer Studio 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