

FALL Class Schedule

Group Floor Class

Group Equipment Class

082712

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
7 AM		7:00 AM Mat/Reformer — Brenda		7:00 AM Mat/Reformer — Chris			
8 AM		8:00 AM Booty Board — Brenda		8:00 AM Booty Board — Chris		8:00 AM Reformer Class — Andrea	
9 AM	9:00 AM By Appointment	9:00 AM Reformer Class — Brenda	8:30 AM Piloxing — Trish	9:00 AM Reformer Class — Chris	8:30 AM Piloxing — Trish		9:00 AM Reformer Class — Bren/Trish
10 AM			9:30 AM Reformer Class — Trish		9:30 AM Reformer Class — Trish		10:00 AM Circuit — Bren/Trish
11 AM		11:00 AM Open Gym	10:30 AM Booty Board — Trish	11:00 AM Open Gym	10:30 AM Booty Board — Trish	11:00 AM Open Gym	11:00 AM Mat/Reformer — Bren/Trish
Noon		12:00 PM Lunch Express — Trish	12:00 PM Lunch Express — Trish			12:00 PM Lunch Express — Trish	12:00 PM Beginning Reformer — Kelly
1 PM							
2 PM		2:00 PM Reformer Class — Trish	2:00 PM Yoga Flow — Trish	2:00 PM Reformer Class — Trish	2:00 PM Yoga Flow — Trish		
3 PM							
4 PM		4:00 PM Reformer Class — Chris		4:00 PM Mat/Reformer Stretch — Andrea			
5 PM							
6 PM		5:30 PM Circus Training Pilates — Chris	5:30 PM Booty Board — Brenda	5:30 PM Reformer Class — Brenda	5:30 PM Circuit — Brenda		
7 PM			6:30 PM Reformer Class — Brenda	6:30 PM Piloxing — Brenda	6:30 PM Wine down, wind down — Brenda		



Please contact us, or visit our website, to make group class reservations, and schedule private sessions.

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PilatesElementLV.com

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