

CLASS SCHEDULE FROM THE PILATES CONNECTION

| | MAT CLASSES 2 POINTS | | REFORMER CLASSES 4 POINTS | | EQUIPMENT CLASSES 5 POINTS | |
|---------|-------------------------|------------|------------------------------|-----------------|-------------------------------|----------------|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 7am | | Mat 2 | | Reformer 2 | Repole | |
| 9:00am | ATS | | | | | ATS |
| 10:00am | Mat 2 | Reformer 1 | Mat all level | Repole | ATS | Mat all levels |
| 11am | | | | | Mat 1 | |
| 12 pm | Reformer 3 | | | | | |
| 1pm | | Reformer 2 | Wall only | Master Mat | ATS | |
| 5 pm | 5 point Wild Card | | Reformer 1 & 2 | | | |
| 5:30pm | | | | Reformer 1 plus | | |
| 6:00pm | Mat 1 | | 2 point Wild Card | | | |

Prior Sign-up is recommended for any class. Drop-ins allowed, but not guaranteed. Call (541) 420-2927
Class schedule is subject to change. Teachers are subject to change.