

Prana Pilates & Wellness Center

pranapilatespdx.com | 503 765-8822 | pranapilatespdx@gmail.com

JUNE CLASS SCHEDULE | 55 MIN EACH

Learn the beauty of the Pilates movement system through its spring resistance equipment.

Experience a 55 minute core strengthening reformer session within a small group setting. Increase your flexibility, stability and stamina in this popular session.

Don't see anything that works with your schedule? Call Beth at 503 765-8822 or e-mail us at pranapilatespdx@gmail.com to schedule a private session.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am		Glutes & Core Pilates	Athletic Reformer	Athletic Reformer	Circuit Workout	
7:30						Circuit Workout
8:00	Circuit Workout	Athletic Reformer	Glutes & Core Pilates	Circuit Workout	Athletic Reformer	All Core Crunch
8:30						
9:00	All Level Reformer	Circuit Workout	Restorative Flow	All Level Reformer	Glutes & Core Pilates	Beginner Pilates
9:30						
10:00					Restorative Flow	
10:30						
11:00						
11:30						
12:00						
1:00 pm						
1:30						
2:00						
2:30						
3:00						
3:30						
4:00						
4:30						
5:00	Beginner Pilates			Athletic Reformer	Beginner Pilates	
5:30						
6:00	Athletic Reformer			All Core Crunch	Athletic Reformer	
6:30						
7:00						