PilatesPlus movement studio | May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Group reformer classes have limited availability. Please call 937-432-6687 to schedule these classes *Pre-register for The Shift with Shari at truepen18@gmail.com			1 **Yoga** Shari 12:00-1:00 pm **Reformer** Nalisa 5:00-6:00 pm **The Shift** Shari 5:45-6:45 pm	2 **Core** Shari 5:45-6:45 pm	3 **Pilates Mat** Nalisa 9:00-10:00 am	4 **Barre** Rachel 8:00-9:00 am **Reformer** Rachel 9:00-10:00 am **Core** Shari 9:00–10:00 am
5	6 **Reformer** Nalisa 5:00-6:00 pm	7 ~~**Pilates Mat**~~ ~~Robin~~ ~~9:00-10:00 am~~	8 **Yoga** Shari 12:00-1:00 pm **Reformer** Nalisa 5:00-6:00 pm **The Shift** Shari 5:45-6:45 pm	9 **Core** Shari 5:45-6:45 pm	10 **Pilates Mat** Nalisa 9:00-10:00 am	11 ~~**Barre**~~ ~~Rachel~~ ~~8:00-9:00 am~~ ~~**Reformer**~~ ~~Rachel~~ ~~9:00-10:00 am~~ **Core** Shari 9:00–10:00 am
12	13 **Reformer** Nalisa 5:00-6:00 pm	14 **Pilates Mat** Robin 9:00-10:00 am	15 **Yoga** Shari 12:00-1:00 pm **Reformer** Nalisa 5:00-6:00 pm **The Shift** Shari 5:45-6:45 pm	16 **Core** Shari 5:45-6:45 pm	17 **Pilates Mat** Nalisa 9:00-10:00 am	18 ~~**Barre**~~ ~~Rachel~~ ~~8:00-9:00 am~~ ~~**Reformer**~~ ~~Rachel~~ ~~9:00-10:00 am~~ **Core** Shari 9:00–10:00 am
19	20 **Reformer** Nalisa 5:00-6:00 pm	21 **Pilates Mat** Robin 9:00-10:00 am	22 **Yoga** Shari 12:00-1:00 pm **Reformer** Nalisa 5:00-6:00 pm **The Shift** Shari 5:45-6:45 pm	23 **Core** Shari 5:45-6:45 pm	24 **Pilates Mat** Nalisa 9:00-10:00 am	25 **Barre** Rachel 8:00-9:00 am **Reformer** Rachel 9:00-10:00 am **Core** Shari 9:00–10:00 am
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