

# PAUSE

A FREEMAN  
PILATES STUDIO

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		<b>Athletic Reformer</b> Emily M		<b>Equipment Flow</b> Ellen		<b>Athletic Reformer</b> Emily M	
6:30 AM			<b>Reformer / Mat</b> Emmi S				
7:00 AM		<b>Equipment Class</b> Emily M / Max				<b>Equipment Class</b> Emily M	<b>Equipment Class</b> Max
7:30 AM			<b>Reformer / Mat</b> Emmi S	<b>Classical Flow</b> Karalyn	<b>Melt</b> Max		
8:00 AM	<b>Equipment Class</b> Karalyn	<b>Athletic Reformer</b> Emily M / Max				<b>Tower</b> Emily M	<b>Reformer / Jumpboard</b> Max
8:30 AM			<b>Equipment Class</b> Chrissy		<b>Equipment Class</b> Chrissy	<b>Equipment Class</b> Emily M	<b>Chair</b> Max
9:00 AM	<b>Equipment Class</b> Karalyn	<b>Equipment Class</b> Emily M / Max		<b>Chair</b> Emily F			
9:30 AM			<b>Equipment Class</b> Chrissy		<b>Equipment Class</b> Chrissy		
10:00 AM		<b>Reformer / Jumpboard</b> Emily M / Max		<b>Equipment Class</b> Emily F		<b>Reformer / Jumpboard</b> Emily M	<b>Tower</b> Max
10:30 AM			<b>Equipment Class</b> Chrissy		<b>Reformer / Jumpboard</b> Chrissy		
11:00 AM		<b>Melt</b> Max		<b>Jumpboard + Chair</b> Emily F		<b>Equipment Class</b> Max	<b>Equipment Class</b> Max
11:30 AM			<b>Reformer / Jumpboard</b> Chrissy		<b>Equipment Class</b> Chrissy		
12:00 PM		<b>Chair</b> Emily F		<b>Tower</b> Emily F		<b>Equipment Class</b> Max	
12:30 PM							
1:00 PM							
1:30 PM			<b>Melt</b> Max		<b>Melt</b> Max		
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM		<b>Equipment Class</b> Max	<b>Jumpboard + Chair</b> Emily F	<b>Equipment Class</b> Max	<b>Equipment Class</b> Emily M		
5:00 PM							
5:30 PM		<b>Equipment Class</b> Max	<b>Equipment Class</b> Emily F	<b>Equipment Class</b> Max	<b>Equipment Class</b> Emily M		
6:00 PM							
6:30 PM		<b>Equipment Class</b> Max	<b>Advanced</b> Emily F	<b>Melt</b> Max	<b>Equipment Class</b> Emily M		
7:00 PM							
7:30 PM							

**OPEN LEVEL:** A Class open to all levels and types of students. Essential, Intermediate, and Advanced exercises will be included with modifications offered along the way.

**LEVEL 2:** Student has a grounded understanding of the equipment, foundational Pilates exercises and concepts, and has no active injury or movement limitations/contraindications.

**SPECIALTY CLASS:** Classes with a specific goal or focus. May include a mix of functional movements, breathing techniques, mat work, Pilates exercises, and stability work.

**ADVANCED:** Student has no current injuries or movement limitations and has experience and practiced at least 10 Level 2 classes.