

FALL GROUP EXERCISE SCHEDULE - PILATES REFORMER



MONDAY

4:30-5:15pm - Intermediate

TUESDAY

8:00-9:00am - Advanced
5:30-6:15pm - Intermediate

WEDNESDAY

5:00-6:00pm - Advanced

All classes are held in
Studio 122
War Memorial Hall

To pre-sign up go to
<https://connect.recsports.vt.edu>

THURSDAY

FRIDAY

7:00-7:45am - Intermediate
12:15-1:00pm - Beginner