



2010 Winter Classes

Please schedule in advance by calling **720-931-6743**
or visiting **pilatesdowntown.com** for online scheduling.

Monday

9:00am • Reformer/Pole (Adv)
10:00am • Mat (Int)*
12:00pm • Mat in Studio 5 (DAC Members Only • no cost)
5:30pm • Reformer/Pole (All)

Tuesday

 12:00pm • Mat (Beg - Int)*
5:30pm • Reformer/Pole (All)


Wednesday

8:30am • Mat in Studio 1 (DAC Members Only • no cost)

Thursday

10:00am • Reformer/Pole (Int)
1:30pm • Reformer/Pole (Beg - Int)

Friday

 8:30am • Reformer/Pole (Int)
8:30am • Mat in Studio 1 (DAC Members Only • no cost)
12:30pm • Reformer/Pole (Int)

Saturday

9:00am • Mat (All)*
10:00am • Reformer/Pole (All)

Beg = Beginning
Adv = Advanced

Int = Intermediate
All = All Levels

****No prior experience necessary for Mat classes***

Class Sizes are Limited.

5 private sessions are required before attending Reformer classes

24 HOUR CANCELLATION POLICY

If you must cancel a scheduled appointment, we ask that you please notify us a full 24 hours in advance and reschedule within 5 working days, otherwise you will be responsible for payment in full.