



CLASS SCHEDULE -WINTER 2022

MONDAY

- 12:00pm: Express Apparatus (45 min)
- 3:00pm: Inter/Advanced Classical Pilates
- 4:00pm: Beginner/Intermediate Reformer

TUESDAY

- 10:00am: Advanced Classical Pilates
- 11:00am: Pilates Symposium (Teachers & Trainees)
- 4:00pm: Beginner/Inter Express Apparatus (45 min)
- 5:00pm: Intermediate Apparatus

WEDNESDAY

- 12:00pm: Express Apparatus (45 min)
- 12:30pm: Zoom Foam Roller
- 6:00pm: Intermediate Pilates Apparatus
- 7:00pm: Beginner Pilates Apparatus

THURSDAY

- 7:00am: Zoom Beginner Mat/Stretch
- 10:30am: Tower/Low Chair Combo
- 5:00pm: Beginner/Intermediate Reformer
- 6:00pm: All Level Mat

FRIDAY

- 12:00pm: Express Apparatus (45 min)

SATURDAY

- 9:30am: Intermediate Mat
- 10:45am: Intermediate Apparatus
- 12:00pm: Intro to Pilates Apparatus

SUNDAY

- 9:00am Pay-What-You Can All Level Mat Class
- 11:00am Express Jumpboard/Foam Roller(45 min)
- 1:00pm: Intermediate Apparatus

Check out our online scheduler for our most up-to-date schedule.

All classes and lessons are 55 minutes unless noted otherwise.

All classes are in-studio unless noted otherwise.

Classes are designed for healthy individuals. Private sessions are recommended for individuals with rehabilitative needs.

3644 Navajo St, Denver, CO 80211
303-297-3040

www.denverpilatesmovement.com
dana@denverpilatesmovement.com