

niwot pilates studio

(BALANCE + FLEXIBILITY + STRENGTH)

SPRING GROUP CLASSES

MONDAY

9:00-10:00 am
Group Reformer
With Melony
AVAILABLE

11:00-12:00 pm
Lower Body & Abs
With Melony
AVAILABLE

NEW!
5:00-6:00 pm
Group Reformer
With Becky
AVAILABLE

6:00-7:00 pm
Group Reformer
With Cindy
AVAILABLE

TUESDAY

NEW!
8:00-9:00 pm
Group Reformer
With Becky
AVAILABLE

9:00 - 10:00 am
Group Reformer
With Melony
AVAILABLE

10:00-11:00 am
Group Reformer
With Melony
AVAILABLE

NEW!
12:00-1:00 pm
Group Reformer
With Becky
AVAILABLE

4:30-5:30 pm
Group Reformer
With Melony

WEDNESDAY

NEW!
8:30-9:00 am
Short & Sweet!
1/2 hour Power
Group Reformer
With Melony
AVAILABLE

9:00-10:00 am
Group Reformer
With Melony
AVAILABLE

10:00-11:00 am
Group Reformer
With Melony
AVAILABLE

THURSDAY

9:00-10:00 am
Group Reformer
With Melony

10:00-11:00 am
Group Reformer
With Melony
AVAILABLE

NEW!
12:00-1:00 pm
Group Reformer
With Becky
AVAILABLE

NEW!
4:30-5:30 pm
Group Reformer
With Becky
AVAILABLE

FRIDAY

8:00-9:00 am
Group Reformer
With Melony
AVAILABLE

9:00-10:00 am
Lower Body & Abs
With Melony
AVAILABLE

10:00-11:00 am
Group Reformer
With Melony

SATURDAY

10:00-11:00 am
Group Reformer
With Melony
AVAILABLE

3:30-4:30 pm
Group Reformer
With Melony
AVAILABLE

Classes are
NOT drop-in.
Please call
to reserve a
place in class!
303-652-1300