

PROJECT PILATES SCHEDULE UPDATED JANUARY 2020



MON	TUES	WED	THURS	FRI	SAT	SUN
REFORMER PLUS OPEN LEVEL 6:00-6:55AM W/HANH	PILATES MAT OPEN LEVEL 6-6:55AM W/BRENDA	REFORMER PLUS OPEN LEVEL 6:00-6:55AM W/BRENDA	REFORMER PLUS OPEN LEVEL 6:00-6:55AM W/BRENDA	REFORMER PLUS INTERMEDIATE 6:00-6:55AM W/BRENDA	REFORMER PLUS BEG/INT 8:00-8:55AM W/BRENDA	REFORMER PLUS BEGINNER 7:05-8:00AM W/ERIN
REFORMER PLUS OPEN LEVEL 7-7:55AM W/HANH	REFORMER PLUS BEG/INT 7-7:55AM W/HANH	REFORMER PLUS BEG/INT 7-7:55AM W/BRENDA	PILATES MAT OPEN LEVEL 7-7:55AM W/BRENDA	REFORMER PLUS OPEN LEVEL 7-7:55AM W/BRENDA	EQUIPMENT CIRCUIT INTERMEDIATE 9-9:55AM W/HANH	REFORMER PLUS BEGINNER 8:05-9:00AM W/ERIN
PILATES MAT OPEN LEVEL 9-9:55AM W/HANH	REFORMER BEGINNER 8-8:55AM W/HANH	MIXED EQUIPMENT OPEN LEVEL 8-8:55AM W/HANH	REFORMER OPEN LEVEL 8:05-9:00AM W/BRENDA	MIXED EQUIPMENT OPEN LEVEL 9-9:55AM W/SHIRA	STRETCH & RELEASE OPEN LEVEL 10:00-10:55AM W/BRENDA	REFORMER BEG/INT 9:05-10:00AM W/BRENDA
REFORMER PLUS BEG/INT 9-9:55AM W/DENNEIL	EQUIPMENT CIRCUIT INTERMEDIATE 9-9:55AM W/HANH	REFORMER PLUS BEG/INT 9-9:55AM W/DENNEIL	REFORMER INTERMEDIATE 9:05-10:00AM W/HANH	PILATES MAT FUSION OPEN LEVEL 10:05-11:00AM W/SHIRA	TOWER BEG/INT 10-10:55AM W/HANH	REFORMER INTERMEDIATE 10:05-11:00AM W/BRENDA
TOWER BEGINNER 10:05-11:00AM W/HANH	STRETCH & RELEASE OPEN LEVEL 10:05-11:00AM W/HANH	PILATES MAT OPEN LEVEL 9-9:55AM w/Hanh	REFORMER PLUS OPEN LEVEL 10:05-11:00AM W/HANH	MIXED EQUIPMENT BEG/INT 10:00-10:55AM W/HANH	REFORMER PLUS OPEN LEVEL 11:05-12:00AM W/BRENDA	REFORMER PLUS OPEN LEVEL 11:05-12:00PM W/BRENDA
MIXED EQUIPMENT OPEN LEVEL 11:05-12:00PM W/HANH	REFORMER PLUS OPEN LEVEL 10:00-10:55AM W/DENNIEL	REFORMER BEGINNER 10:05-11:00AM W/HANH	REFORMER PLUS BEG/INT 11:05-12:00PM W/HANH	REFORMER OPEN LEVEL 11:05-12:00PM W/SHIRA	PILATES MAT OPEN LEVEL 11:05-12:00PM W/HANH	JUMPBOARD & MIXED OPEN LEVEL 12:05-1:00PM W/SHAUNA
POST-NATAL OPEN LEVEL 12:05-1:00PM W/HANH	REFORMER PLUS BEGINNER 11:05-12:00PM W/HANH	REFORMER PLUS OPEN LEVEL 11:05-12:00PM W/HANH	REFORMER BEGINNER 6:00-6:55PM W/ERIN	REFORMER PLUS BEGINNER 12:05-1:00PM W/HANH	REFORMER BEGINNER 12:05-1:00PM W/HANH	PILATES MAT FUSION OPEN LEVEL 1:05-2:00PM W/SHAUNA
STRENGTH & LENGTH OPEN LEVEL 6-6:55PM W/ERIN	REFORMER PLUS OPEN LEVEL 12:30-1:25PM W/HANH	REFORMER OPEN LEVEL 1-1:55PM W/SHAUNA	REFORMER PLUS BEG/INT 7:05-8:00PM W/ERIN		REFORMER PLUS OPEN LEVEL 1:05-2:00PM W/BRENDA	REFORMER PLUS OPEN LEVEL 2:05-3:00PM W/SHAUNA
REFORMER PLUS BEGINNER 6:00-6:55PM W/DORELA	REFORMER PLUS BEG/INT 6:00-6:55PM W/BRENDA	PILATES MAT OPEN LEVEL 6:05-7:00PM W/SHAUNA	REFORMER PLUS INTERMEDIATE 8:00-8:55PM W/ERIN		REFORMER PLUS OPEN LEVEL 2:05-3:00PM W/BRENDA	
ABS & GLUTES OPEN LEVEL 7-7:55PM W/ERIN	REFORMER PLUS INTERMEDIATE 7:00-7:55PM W/BRENDA	REFORMER PLUS BEGINNER 6:05-7:00PM W/DORELA				
MIXED EQUIPMENT INTERMEDIATE 7:05-8:00PM W/DORELA	REFORMER PLUS OPEN LEVEL 8:00-8:55PM W/BRENDA	REFORMER PLUS BEGINNER 7:05-8:00PM W/SHAUNA				
REFORMER BEGINNER 8:05-9:00PM W/BRENDA		REFORMER PLUS INTERMEDIATE 8:05-9:00PM W/DORELA				

PP EQUIPMENT MEMBERSHIPS

ENROLLMENT FEE	\$29 + TAX
1 MONTH UNLIMITED	\$255 + TAX
3 MONTHS UNLIMITED	\$225 + TAX (MONTH)
6 MONTHS UNLIMITED	\$205 + TAX (MONTH)

SINGLE/PACKAGE CLASS RATES

SINGLE MAT CLASS	\$30
SINGLE EQUIPMENT CLASS	\$35
5-PACK EQUIPMENT CLASSES	\$155
10-PACK EQUIPMENT CLASSES	\$300

HHF ANNUAL MEMBER RATES

MAT CLASSES INCLUDED W/MEMBERSHIP

SINGLE EQUIPMENT CLASS	\$30
5-PACK EQUIPMENT CLASS	\$130
10-PACK EQUIPMENT CLASS	\$250

STUDIO POLICIES

***MAT CLASSES** ARE DESIGNATED IN WHITE

- *CLASSES ARE INCLUDED IN HHF MEMBERSHIPS AND PASSES
- *CLASSES ARE HELD AT HHF

***EQUIPMENT CLASSES** ARE DESIGNATED IN BLUE.

- *EQUIPMENT CLASSES MAY BE CANCELLED IF FEWER THAN 2 PEOPLE ARE ENROLLED.
- *BOTH RESERVATION & PAYMENT ARE REQUIRED FOR ALL PILATES EQUIPMENT CLASSES.
- *LEVEL ASSESSMENT REQUIRED FOR ALL FIRST-TIME EQUIPMENT CLASS REGISTRATIONS.
- *24-HOUR CANCELLATION POLICY APPLIES TO ALL EQUIPMENT CLASSES, INCLUDING UNLIMITED MEMBERSHIPS.