

MONDAY

Classical Flow
REFORMER

9:30 AM PILATES STUDIO

ELITE
STRETCH

11:00 AM PILATES STUDIO

TUESDAY

ELITE
STRETCH

7:00 AM PILATES STUDIO

Contemporary
REFORMER

9:00 AM PILATES STUDIO

WEDNESDAY

Classical Flow
REFORMER

9:30 AM PILATES STUDIO

Classical Flow
REFORMER

4:30 PM PILATES STUDIO

ELITE
STRETCH

5:30 PM PILATES STUDIO

THURSDAY

Contemporary
REFORMER

5:30 AM PILATES STUDIO

Contemporary
REFORMER

9:00 AM PILATES STUDIO

FRIDAY

Classical Flow
REFORMER

9:30 AM PILATES STUDIO

ELITE
STRETCH

11:00 AM PILATES STUDIO

SATURDAY

Classical Flow
REFORMER

9:00 AM PILATES STUDIO

ELITE
STRETCH

10:00 AM PILATES STUDIO

SUNDAY

Classical Flow
REFORMER

9:30 AM PILATES STUDIO

ELITE
STRETCH

10:30 AM PILATES STUDIO



SCAN THE QR CODE

For class descriptions and special offers. Questions? Use our online form to contact Kiki Hanson.

★ INTRO TO PILATES

Join us for a 30-minute complimentary* Pilates equipment exercise class where we will go over equipment set up and usage.

Pilates class packages and private sessions are available. Contact your CF Elite location or talk to the front desk about specific packages and training opportunities.

*Members only. Non-members can participate for \$40.



PEABODY

PILATES EQUIPMENT & ELITE STRETCH CLASS SCHEDULE

FALL 2023 Updated 11/13/23

SPACE IS LIMITED TO SIX. Enrollment via the app is mandatory. Thank you!