

July 2026

Pilates Reformer Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 reformer - all levels Danielle	6:00 reformer - all levels Cheryl	6:00 reformer - strong Danielle	6:00 reformer - int/adv Lisa	6:00 reformer - all levels Danielle	7:00 reformer - all levels Danielle	9:00 reformer - all levels Chekara
7:00 reformer - int/adv Danielle	7:00 reformer - all levels Cheryl	7:00 reformer - int/adv Danielle	7:00 reformer - all levels Cheryl	7:00 reformer - int/adv Danielle	8:00 reformer - int/adv Danielle	10:00 reformer - all levels Chekara
8:30 reformer - int/adv Danielle	8:00 reformer - all levels Cheryl	8:00 reformer - int/adv Danielle	9:00 reformer - strong Kimberly	8:00 reformer - int/adv Danielle	9:00 reformer - int/adv Danielle	11:00 reformer - all levels Chekara
10:30 reformer - all levels Danielle	9:00 reformer - all levels Michelle	9:00 reformer - int/adv Danielle	10:30 reformer - all levels Cheryl	9:00 reformer - int/adv Danielle	10:00 reformer - all levels Danielle	
				10:30 reformer - all levels Danielle		

PM STUDIO CLASS SCHEDULE

12:00 reformer - all levels Danielle	4:30 reformer - all levels Michelle	4:30 reformer - all levels May	5:30 reformer - all levels Samara	12:00 reformer - all levels Danielle
4:30 reformer - all levels Lisa	5:30 reformer - int/adv May	5:45 reformer - all levels Cheryl		
5:30 reformer - all levels Lisa	6:30 reformer - jumpboard May	6:45 reformer - all levels Cheryl		
6:30 reformer - basics Samara				

The Pilates Studio
by **fitnessunlimited**


380 Granite Avenue, Milton Ma 02186
by appointment only

Registration opens on the 20th of each month

New to Reformer Pilates?
Start with a **Basics** class or book a **Signature Start** session for \$29 (\$75 value) before joining an all levels or int/adv group class.
To schedule a Signature Start session - email dmiller@fitnessunlimited.com or call 617-698-0260.

Studio Policies:

12-hour cancellation policy | doors open 10 minutes prior to class start time | grippy socks required