

August 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	8:00 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	9:00 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	10:00 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		10:30 reformer - all levels Danielle		
PM STUDIO CLASS SCHEDULE						
12:00 reformer - all levels Danielle	5:30 reformer - int/adv May	4:30 reformer - all levels May		12:00 reformer - all levels Danielle	 380 Granite Avenue, Milton Ma 02186 by appointment only	
4:30 reformer - all levels Lisa	6:30 reformer - jumpboard May	5:45 reformer - all levels Cheryl				
5:30 reformer - all levels Lisa		6:45 reformer - all levels Cheryl				
6:30 reformer - all levels Samara						

Registration opens on the 20th of each month

New to Reformer Pilates?

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