November 2026

Pilates Reformer Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 reformer - all levels Danielle	5:45 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 - int/adv Chekara
8:30 reformer - strong Danielle	8:00 reformer - all levels Cheryl	8:00 reformer - int/adv Danielle	9:00 reformer - int/adv Kimberly	8:00 reformer - int/adv Danielle	9:00 reformer - int/adv Danielle	10:00 reformer + tower 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	4:30 reformer - all levels Michelle	4:30 reformer - all levels May	6:30 reformer - all levels Caitlin K.	12:00 reformer - all levels Danielle		
4:30 reformer - all levels Lisa	5:30 reformer - int/adv May	5:45 reformer - all levels Cheryl		4:30 reformer - all levels Kate		
5:30 reformer - all levels Lisa	6:30 reformer - all levels May	6:45 reformer - all levels Cheryl				
6:30 reformer - all levels Caitlin K.						

The Pilates Studio
by fitness unlimited

380 Granite Avenue, Milton Ma 02186
by appointment only

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