

Group EQUIPMENT CLASSES

* All classes last 1 hour. Please schedule before attending.

Single Group Class: \$40
6 Group Class Pass: \$210
10 Group Class Pass: \$320

ESSENTIAL

- Monday, 11:00am (Hom) - MIDTOWN
- Monday, 2:00pm (VanGilder) - KIRBY
- Monday, 5:30pm (Mensah) - KIRBY
- Monday, 5:30pm (Hom) - MIDTOWN
- Tuesday, 8:30am (Heard) - KIRBY
- Tuesday, 10:30am (Monaghan) - MIDTOWN
- Tuesday, 5:30pm (Hom) - KIRBY
- Wednesday, 9:30am (Hom) - MIDTOWN
- Wednesday, 12:30pm (Hom) - KIRBY
- Thursday, 10:00am (Monaghan) - MIDTOWN
- Thursday, 4:30pm (Hom) - KIRBY
- Saturday, 10:00am (Mensah) - MIDTOWN
- Saturday 10:30am (Hargrove/Hoffmann) - KIRBY

ESSENTIAL/INTERMEDIATE

- Monday, 7:30am (Niekrasz) - KIRBY
- Monday, 8:30am & 9:45am (VanGilder) - KIRBY
- Tuesday, 8:30am (Hom) - KIRBY
- Tuesday, 8:30am (Monaghan) - MIDTOWN
- Wednesday, 8:30am (Hoffmann) - KIRBY
- Wednesday, 9:30am (Monaghan) - KIRBY
- Wednesday, 3:00pm (Hom) - KIRBY
- Thursday, 9:00am (Monaghan) - MIDTOWN
- Friday, 9:45am (Hargrove) - KIRBY
- Friday, 10:00am (VanGilder) - KIRBY
- Saturday, 9:00am (Brothers) - MIDTOWN

INTERMEDIATE

- Monday, 6:15am (Dummar) - KIRBY
- Monday, 8:30am (Monaghan) - KIRBY
- Tuesday, 9:30am (Monaghan) - MIDTOWN
- Tuesday, 4:30pm (VanGilder) - KIRBY
- Wednesday, 8:30am (Monaghan) - KIRBY
- Wednesday, 5:30pm (Brothers) - MIDTOWN
- Thursday, 9:00am (Niekrasz) - KIRBY
- Thursday, 11:30am (VanGilder) - KIRBY
- Friday, 8:30am (VanGilder) & (Hom) - KIRBY
- Saturday, 9:30am (VanGilder) - KIRBY

INTERMEDIATE/ ADVANCED

- Wednesday, 5:45pm (Hom) - KIRBY

ADVANCED

- Tuesday, 11:00am (VanGilder) - KIRBY
- Thursday, 7:45am (VanGilder & Hom) - KIRBY
- Friday, 11:00am (Hargrove) - KIRBY

CARDIO CONDITIONING/ JUMPBOARD

- Tuesday, 9:45am (Heard) - KIRBY
- Tuesday, 1:00pm (Hom) - KIRBY
- Thursday, 10:15am (Hom) - KIRBY

Private EQUIPMENT CLASSES

Private: \$80 5 Privates Pass: \$385 10 Privates Pass: \$750	Semi-Private: \$50/person 5 Semi-Privates Pass: \$225 10 Semi-Privates Pass: \$420
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Please contact us to schedule your class.

bodyART®

NEW to Ballet Memphis Pilates at our MIDTOWN location, **bodyART** adds to our array of Mat classes by providing a class that is inspired by martial arts, yoga, physical therapy, dance, and classical conditioning.

bodyART is offered **Monday at 12:00pm** with Jocelyn Brunette.

Basic Pilates: An Introductory Class

Interested in Pilates, but not sure what it is or what it can do for you? Come to an introductory class and experience the benefits of Pilates for both daily life and athletic performance.

Basic Pilates is offered the 2nd Saturday of every month @ Kirby!
Cost is \$20, \$10 for students!

** Free to current clients when accompanied by a friend new to the Pilates Centre. Pre-registration is required.

Ballet Memphis Pilates

MIDTOWN LOCATION
2144 Madison Ave.
Memphis, TN 38104

KIRBY LOCATION
1789 Kirby Parkway #8
Memphis, TN 38138

901-753-4177 ~ pilates@balletmemphis.org
Please visit www.balletmemphis.org/pilates for more information on our program and instructors.

Group MAT CLASSES

* All classes last 1 hour. Walk-ins welcome!

Single Mat Class: \$20
5 Mat Class Pass: \$90
10 Mat Class Pass: \$165
20 Mat Class Pass: \$280
Student* Single Mat Class: \$10
Student* 10 Mat Class Pass: \$80
*Must show valid Student ID

ESSENTIAL

- Saturday, 9:00am (Mensah) - MIDTOWN
- Saturday, 9:30am (Hargrove/Hoffmann) - KIRBY

ESSENTIAL/INTERMEDIATE

- Monday, 9:45am (Hargrove) - KIRBY
- Tuesday, 5:30pm (VanGilder) - KIRBY
- Wednesday, 5:30pm (Niekrasz) - MIDTOWN

INTERMEDIATE

- Wednesday, 9:45am (Hoffmann) - KIRBY
- Friday, 8:30am (Hargrove) - KIRBY

MIXED MAT (various levels)

- Monday & Wednesday, 8:00am (Hom) - MIDTOWN
- Friday, 12:00pm (McKinney) - MIDTOWN
- Saturday, 10:00am (Brothers) - MIDTOWN

TOTAL BODY CONDITIONING

- Monday & Wednesday, 5:45pm (Dummar) - KIRBY
- Saturday, 10:30am (Dummar) - KIRBY

TOTAL BARRE

- Monday, 12:00pm (Hargrove/ Niekrasz) - KIRBY

ACTIVE FOR LIFE

- Monday, 11:00am (Hargrove) - KIRBY

RISE AND SHINE

- Tuesday, 7:30am (Hoffmann) - MIDTOWN

Ballet Memphis Pilates - EQUIPMENT & MAT CLASS Schedule Spring 2018

		6:00 am	7:00 am	8:00 am	9:00 am	10:00 am	11:00 am	12:00 pm	1:00 pm	2:00 pm	3:00 pm	4:00 pm	5:00 pm	6:00pm	7:00pm
MONDAY	EQUIP MENT	6:15 KIRBY Int Equip.		8:30 KIRBY Ess/Int Equip.			11:00 MIDTOWN Ess Equip.			2:00 KIRBY Ess Equip				5:45 KIRBY Ess Equip	
	MAT		7:30 KIRBY Ess/Int Equip.	8:30 KIRBY Int Equip.	9:45 KIRBY Ess/Int Equip.		11:00 KIRBY Active for Life	12:00 KIRBY Total Barre						5:30 MIDTOWN Ess Equip	5:45 KIRBY Total Body Cond.
TUESDAY	EQUIP MENT			8:30 KIRBY Ess/Int Equip.	9:30 MIDTOWN Int Equip.	10:30 MIDTOWN Ess Equip.			1:00 KIRBY Cardio/Jump			4:30 KIRBY Int Equip.	5:30 KIRBY Ess Equip.		
	MAT		7:30 MIDTOWN Rise and Shine	8:30 MIDTOWN Ess/Int Equip.	9:45 KIRBY Cardio/Jump		11:00 KIRBY Adv Equip.							5:30 KIRBY Ess/Int Mat	
WEDNESDAY	EQUIP MENT			8:30 KIRBY Ess/Int Equip.	9:30 MIDTOWN Ess Equip.			12:30 KIRBY Ess Equip.			3:00 KIRBY Ess/Int Equip.			5:45 MIDTOWN Int Equip.	
	MAT		8:00 MIDTOWN Mixed Mat	8:30 KIRBY Int Equip.	9:45 KIRBY Ess/Int Equip.								5:30 MIDTOWN Ess/Int Mat	5:45 KIRBY Int/Adv Equip.	5:45 KIRBY Total Body Cond.
THURSDAY	EQUIP MENT		7:45 KIRBY Adv Equip.	9:00 MIDTOWN Ess/Int Equip.	10:00 MIDTOWN Ess Equip.										
	MAT		7:45 KIRBY Adv Equip.	9:00 KIRBY Int Equip.	10:15 KIRBY Jumpboard	11:30 KIRBY Int Equip.						4:30 KIRBY Ess Equip.			
FRIDAY	EQUIP MENT			8:30 KIRBY Int Equip.	9:45 KIRBY Ess/Int Equip.										
	MAT			8:30 KIRBY Int Equip.	10:00 KIRBY Ess/Int Equip.	11:00 KIRBY Adv Equip.		12:00 MIDTOWN Mixed Mat							
SATURDAY	EQUIP MENT				9:00 MIDTOWN Ess/Int Equip.	10:00 MIDTOWN Ess Equip.	10:30 KIRBY Ess Equip.								
	MAT				9:30 KIRBY Int Equip.										
					9:00 MIDTOWN Essential Mat	10:00 MIDTOWN Mixed Mat									
					9:30 KIRBY Ess/ Mat		10:30 KIRBY Total Body Cond.								
								12:30 KIRBY BASIC PILATES*	* 2nd Sat. of every month.						

MIDTOWN EQUIPMENT	KIRBY EQUIPMENT
MIDTOWN MAT	KIRBY MAT

* All classes last 1 hour & are subject to change due to enrollment. If this is your first time, please contact the Pilates Centre in advance to confirm time and availability at 901-753-4177. Please see reverse side for fees and more information.