

Summer 2025

Class Schedule



MONDAY	8:00 – 8:55 AM	SPRINGBOARD LEVEL I - II w/ Danielle
	6:00 – 6:55 PM	SPRINGBOARD LEVEL II - III w/ Jackson
	7:00 – 7:55 PM	PILATES MAT LEVEL I - II w/ Ryan
TUESDAY	8:00 – 8:55 AM	SPRINGBOARD LEVEL II w/ Danielle
	9:00 – 9:55 AM	REFORMER LEVEL I** w/ Andrea
	6:00 – 6:55 PM	MAT / SPRINGBOARD LEVEL I - II w/ Beth
	6:00 – 6:55 PM	ONLINE MELT Method* w/ Carol (Livestream)
WEDNESDAY	8:00 – 8:55 AM	MAT / SPRINGBOARD MIXED LEVEL w/PROPS w/ Ryan
	2:00 – 2:55 PM	TEACHER'S CLASS (requires invite) w/ Carol
	4:00 – 4:55 PM	MIXED APPARATUS MIXED LEVEL w/Danielle
	6:00 – 6:55 PM	SPRINGBOARD LEVEL II-III w/ Danielle
THURSDAY	8:00 – 8:55 AM	SPRINGBOARD LEVEL II - III w/ Ryan
	10:00 – 10:55 AM	MIXED APPARATUS LEVEL II - III** w/ Carol
	3:00 – 3:55 PM	MIXED APPARATUS MIXED LEVEL** w/ Karin
	6:00 – 6:55 PM	MAT / SPRINGBOARD LEVEL I w/ Karin
FRIDAY	11:00 – 11:55 AM	TOWER LEVEL II** w/ Ryan
	4:30 – 5:25 PM	MAT LEVEL III FLOW w/ Carol (In-Person)
	4:30 – 5:25 PM	MAT LEVEL III FLOW w/ Carol (Livestream)
SATURDAY	9:00 – 9:55 AM	SPRINGBOARD LEVEL II w/ Ryan
	10:00 – 10:55 AM	ONLINE MIXED LEVEL MAT w/ Carol (Livestream)
	10:00 – 10:55 AM	REFORMER MIXED LEVEL** w/ Ryan
	11:30 – 12:25 PM	MIXED APPARATUS MIXED LEVEL** w/ Carol
SUNDAY	8:00 – 8:55 AM	MIXED APPARATUS MIXED LEVEL** w/ Jackson
	10:00 – 10:55 AM	PILATES MAT II w/ Jackson
	11:00 – 11:55 AM	SPRINGBOARD LEVEL II w/ Karin
	3:00 – 3:55 PM	REFORMER MIXED LEVEL** w/ Karin

Pricing & information

****APPARATUS CLASS: Reformer/Tower/Mixed Apparatus**

\$50 Single Class | \$470 for 10-pack

GROUP CLASS: Pilates Mat/MELT/Springboard

\$30 Single Class / \$200 for 10-pack good for 3 months

Group Class Special \$45 for 3 Group Classes

Insider's Club, 1 class per day every day: auto-pay \$210/month, includes 10% off of Apparatus Classes, Workshops and retail

***ONLINE MELT CLASS: Please email before signing up**

Online MELT classes require specific props and an introductory class before attendance.

Sign up

All classes in person, unless indicated.

Book at:

www.sanchezstreetstudios.com

Get in touch:

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