

Welcome to Sanchez Street Studios, the place to become Pilates Strong.

Winter 2026 Class Schedule

REFORMER, TOWER, CHAIR CLASSES

Reformer/Tower/Chair \$50 Single Class | \$470 for 10-pack

TUESDAY	9:00 – 9:55 AM	Reformer Level I w/ Danielle
WEDNESDAY	2:00 – 2:55 PM	Teacher's Class (requires invite) w/ Carol
	4:00 – 4:55 PM	Reformer/Tower/Chair Mixed Level w/Danielle
THURSDAY	9:00 – 9:55 AM	Reformer Mixed Level w/ Beth
	10:00 – 10:55 AM	Reformer/Tower/Chair Level II w/Carol
	4:00 – 4:55 PM	Reformer/Tower/Chair Mixed Level w/ Karin
	7:00 – 7:55 PM	Reformer/Tower/Chair Mixed Level w/ Karin
FRIDAY	11:00 – 11:55 AM	Tower Level II w/ Ryan
SATURDAY	10:00 – 10:55 AM	Reformer Mixed Level w/ Ryan
	11:30 – 12:25 PM	Reformer/Tower/Chair Mixed Level w/ Carol
SUNDAY	8:00 – 8:55 AM	Reformer/Tower/Chair Mixed Level w/ Jackson
	10:00 – 10:55 AM	Reformer/Tower/Chair Mixed Level w/ Karin
	3:00 – 3:55 PM	Reformer Mixed Level w/Karin

PILATES MAT/MELT/SPRINGBOARD CLASSES

\$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 above classes, workshops and retail.

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
	5:30 – 5:55 PM	MELT Method Class w/Carol
	6:00 – 6:55 PM	Mat / Springboard Level I - II w/ Beth
WEDNESDAY	6:00 – 6:55 PM	Springboard Level II - III w/ Danielle
THURSDAY	8:00 – 8:55 AM	Springboard Level II - III w/ Ryan
	6:00 – 6:55 PM	Mat / Springboard Level I w/ Karin
FRIDAY	4:30 – 5:25 PM	Pilates Mat Level III Flow w/ Carol
SATURDAY	9:00 – 9:55 AM	Springboard Level II w/ Ryan
	10:00 – 10:55 AM	Pilates Mat Mixed Level Class w/ Carol
SUNDAY	11:00 – 11:55 AM	Springboard Level II w/ Karin

MOBU CLASSES

Group classes "at MoBu" take place at MoBuDance Studio, 1747 Church St. (at the corner of Day St.)

WEDNESDAY	8:00 – 8:55 AM	Pilates Mat Mixed Level w/Props w/ Ryan at MoBu
SUNDAY	10:00 – 10:55 AM	Pilates Mat level II w/ Jackson at MoBu

ONLINE CLASSES

FRIDAY	4:30 – 5:25 PM	Online Pilates Mat Level III Flow w/ Carol
SATURDAY	10:00 – 10:55 AM	Online Pilates Mat Mixed Level w/ Carol

SIGN UP:

All classes are in person, unless indicated. Book
a class: sanchezstreetstudios.com **Get in**
touch: info@sanchezstreetstudios.com

