



PILATES

OCTOBER CLASS SCHEDULE

MON

Beginner
7:00-7:50 AM
Jen

Beginner
8:00-8:50 AM
Jen

Beginner
9:00-9:50 AM
Jen

Beginner
10:00-10:50 AM
Jen

TUE

Beginner
7:00-7:50 AM
Mira

Intermediate
8:00-8:50 AM
Mira

Intro to Pilates
Oct. 6 or 20
9:00-9:50 AM
Mira

Beginner
4:30-5:20 PM
Jen

Beginner
5:30-6:20 PM
Jen

WED

Beginner
7:00-7:50 AM
Jen

Beginner
8:00-8:50 AM
Jen

Beginner
9:00-9:50 AM
Jen

Beginner
5:00-5:50 PM
Mira

Intermediate
6:00-6:50 PM
Mira

THU

Beginner
12:00-12:50 PM
Mira

Beginner
1:00-1:50 PM
Mira

Beginner
4:30-5:20 PM
Jen

Intermediate
5:30-6:20 PM
Jen

Intro to Pilates
Oct. 8 or 22
6:30-7:20 PM
Jen

FRI

Intermediate
8:00-8:50 AM
Jen

Beginner
9:00-9:50 AM
Jen

Beginner
10:00-10:50 AM
Jen

Beg/Int
4:30-5:20 AM
Mira

SAT

Beginner
8:00-8:50 AM
Mira

Beginner
9:00-9:50 AM
Mira

Beginner
10:00-10:50 AM
Jen

Beginner
11:00-11:50 AM
Jen

MAKE-UP
CLASSES*

October 13
10:00-10:50 AM
Jen

October 14
7:00-7:50 PM
Mira

October 27
10:00-10:50 AM
Jen

October 28
7:00-7:50 PM
Mira

*Make-up classes are subject to change. Contact Nico for make-up class reservations.

Intro to Pilates: A single class designed to teach beginners how to use the reformers and learn basic exercises.

Registration opens
September 22nd 8:00am

FOR PRICING & TO
SIGN UP, SCAN THE
QR CODE!



QUESTIONS?
CONTACT US!

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