

PILATES CLASS SCHEDULE

SMALL GROUP CLASSES OF 3

MON	TUE	WED	THU	FRI	NOTES:
	8:30am	9:30am	7:30am	9:30am	Online booking required. Reformer - Tower- Stability Chair - Cardio Tramp
	9:30am	10:30am	10:30am	11:00am	Tuesday 8:00- 8:30am Just for Men - Intro to Pilates
12:00pm		12:00pm			For 1:1 Private Session availability text or call (772) 202 - 0416
5:30pm	4:00pm		4:30pm	4:45pm Youth Parents	
			6:00pm		

