

PILATES CLASS SCHEDULE

SMALL GROUP CLASSES OF 3

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



To book a class, login to your InGear Fitness Member Portal on Gym Master