

Virtual Class Schedule 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Virtual</u> 7am – 7:50 “Get with the Flow” Mat Pilates		<u>Virtual</u> 7am-7:50 “Fit from inside Out” Pilates Sculpt		<u>Virtual</u> 7:00am-7:45 “Belly Bailout” Pilates Core
<u>Virtual</u> 8:30am- 9:20 “Strengthen and Slender” Mat Pilates	<u>Virtual</u> 8:30am—9:20 “iworkout” Pilates Upper Body	<u>Virtual</u> 8:30am-9:20 “No Give UP” Cardio Sculpt and Core	<u>Virtual</u> 8:30am-9:20 “My so-called Legs”	<u>Virtual</u> 8:30am-9:15 “Going Light” Stretch, Flex, and Breath
	<u>Virtual</u> 9:30am-10:20 “My so-called Legs and Core”		<u>Virtual</u> 9:30am—10:20 “iworkout” Pilates Upper Body	<u>Virtual</u> 9:30am-10:20 “Mat Pilates Strengthen and Slender”

*******Schedule or a class subject to change, instructor will give notice in advance*****.**

Refer a someone receive \$5.00 to\$10.00 credit towards groups classes or Props equipment.

To avoid cancelation of a class at least 2 or more people must sign up