

# SOUL AND STEEL



---

## WEEKLY CLASS SCHEDULE

---

**MONDAY** 12:00pm Booty Camp  
6:30pm HIIT Pilates

---

**TUESDAY** 12:00pm Core Pilates

---

**WEDNESDAY** 12:00pm Booty Camp  
6:30pm HIIT Pilates

---

**THURSDAY** 12:00pm Core Pilates  
6:30pm Booty Camp

---

**FRIDAY** Closed

---

**SATURDAY** 8:00am Yogalates  
9:00am Booty Camp

---

**SUNDAY** no classes

---

## BOOK YOUR SPOT!

---

On Instagram @SoulAndSteelFitness  
or the **MINDBODY** app



---

**\$15** drop in  
**\$100** 10 class pass  
**\$150** unlimited monthly pass

---