

SOUL & STEEL

WEEKLY CLASS SCHEDULE

SUNDAY 9am Yoga Flow
2pm Yoga Recovery

MONDAY 12:30pm Mat Pilates
5:30pm HIIT Pilates
6:30pm Yoga Flow

TUESDAY 11am Yoga Flow
12pm HIIT Pilates
1pm Mat Pilates

WEDNESDAY 12:30pm Mat Pilates
6:30pm HIIT Pilates

THURSDAY 12pm Yoga Flow
5:30pm HIIT Pilates

SATURDAY 8:30am Yoga Flow
9:30am Mat Pilates

BOOK YOUR SPOT!

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