

Mind Body Pilates

October

Monday

9 am Beginner
10 am Intermediate
5:30 pm Intermediate

Tuesday

4:30 pm Beginner
5:30 pm Mixed Level

Wednesday

9 am Beginner
10 am Continuum
11 am Intermediate

Thursday

5:30 pm Beginner

Friday

Saturday

Events

October 3
Release & Restore
10:00 am

October 17
Paint Your Breath
A physical breathwork
& art workshop.