

# Mind Body Pilates

## Monday

9 am Beginner  
10 am Intermediate  
5:30 pm Mixed Level

## Tuesday

Private/Duo 12/1  
4:30 pm Beginner  
5:30 pm Mixed Level

## Wednesday

9 am Beginner  
10 am Intermediate  
11 am Intermediate  
Private/Duo 12/1  
\*5/6, 5/13 5:30 Beginner

## Notes

## Thursday

Private/Duo 12/1  
5:30 pm Beginner \*  
no class 5/7 & 14

## Friday

## Saturday

Release & Restore  
9/10:30 am  
June 6\*  
In person & Zoom  
Private/Duo 9/10