

Mind Body Pilates

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 Intermediate
11 am Intermediate

Thursday

5:30 pm Beginner

Friday

Saturday

Events

July 18

Rooftop Reset
10-am - 12pm
Enjoy foam rolling
with a sound Bath
atop one of
Portland's high rises.

July 31

Friday Evening Wind
Down
6:09- 7:30 pm
Enjoy the soothing
sounds as you
unwind from your
week.