

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

Notes

Thursday

Private/Duo 12/1
5:30 pm Beginner

Friday

Saturday

Release & Restore
9/10:30 am
April 4
May 2
June 6
Private/Duo 9/10