

Mind Body Pilates

September

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

Release & Restore
SUNDAY, September 13
10:00 am