

Body Moves

Class Schedule 2025

Monday	Tuesday	Wednesday	Thursday	Friday
9:15am - PILATES Intermediate to Advanced Cheryl or Margie	8:30am - PILATES Intermediate to Advanced Cheryl or Carla	9:15am - PILATES Intermediate Simone	8:15am - PILATES Intermediate Carla	7:45am – YOGA Paula
11:00am - PILATES Intermediate Cheryl or Carla	10:00am - PILATES Intermediate Margie		9:30am - PILATES Intermediate Cheryl or Margie	9:00am - PILATES Intermediate to Advanced Cheryl or Margie
12:15pm - PILATES Beginner to Intermediate Carla	11:30 – PILATES Beginner Cheryl or Carla	4:45pm - PILATES Intermediate to Advanced (Mens) Carla or Cheryl	11:00am - PILATES Intermediate Carla	10:30am - PILATES Intermediate Cheryl or Carla
5:00pm - PILATES Intermediate Paula	5:15pm - PILATES Intermediate to Advanced Margie		5:00pm - PILATES Intermediate to Advanced Zinta	12:00pm - PILATES Intermediate to Advanced Carla