

# Body Moves

## Class Schedule 2026

Monday	Tuesday	Wednesday	Thursday	Friday
9:15am - PILATES Advanced <b>Cheryl or Margie</b>	8:30am - PILATES Advanced <b>Cheryl or Carla</b>	9:15am - PILATES Intermediate <b>Simone</b>	8:15am - PILATES Intermediate <b>Carla</b>	7:45am – PILATES Advanced <b>Margie</b>
11:00am - PILATES Intermediate <b>Cheryl or Carla</b>	10:00am - PILATES Intermediate <b>Margie</b>		9:30am - PILATES Intermediate <b>Cheryl or Margie</b>	9:00am - PILATES Advanced <b>Cheryl or Margie</b>
12:15pm - PILATES Intermediate <b>Carla</b>	11:30am – PILATES Beginner <b>Cheryl or Carla</b>		11:00am - PILATES Intermediate <b>Carla</b>	10:30am - PILATES Intermediate <b>Cheryl or Carla</b>
5:00pm - PILATES Intermediate <b>Margie</b>	5:15pm - PILATES Advanced <b>Margie</b>	4:45pm - PILATES Advanced <b>Carla or Jo</b>	5:00pm - PILATES Advanced <b>Zinta</b>	12:00pm - PILATES Intermediate <b>Carla</b>

