

Body Moves

Class Schedule 2026

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

