

SCHEDULE

Pilates & Stretch Class

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00				Pilates with Sally		
9:00	Pilates with Sam	Men's Stretch with Sam	Pilates with Sam	Pilates with Sam	Pilates with Sam	Pilates with Elen
10:00	Pilates with Sam	Pilates with Sam	Pilates with Sam	Pilates with Sam	Pilates with Sam	Pilates with Elen
11:00	Pilates with Sam	Pilates with Sam	Men's Stretch with Sam			
12:00						
13:00		Pilates with Sally				
14:00						
15:00						
16:00						
17:00						
18:00	Pilates with Corrine	Pilates with Sally	Pilates with Sally			
19:00	Pilates with Corrine					
20:00						