

Pilates Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 a.m. (PP) Pilates Equipment Sam		7 a.m. (PP) Pilates Equipment Sam			
					8 a.m. (8W) Beginner's Pilates Sam
9 a.m. (PP) . Pilates Equipment Shelly	9 a.m. (PP) Pilates Equipment Shelly	9 a.m. (PP) Pilates Equipment Shelly			9 a.m. (8W) Beginner's Pilates Sam
10 a.m. (8W) Posture Project Pilates Shelly	10 a.m. (8W) Beginner's Pilates Sam	10 a.m. (8W) Pilates for Osteo Sam	10 a.m. (8W) Back in Motion Pilates Shelly	10 a.m. (PP) Pilates Equipment Shelly	
	11 a.m. (8W) Beginner's Pilates Sam				
					SUNDAY
12 p.m. (PP) Pilates Equipment Shelly		12 p.m. (PP) Pilates Equipment Shelly			
	4:30 p.m. (8W) Beginner's Pilates Sam	5:30 p.m. (PP) Pilates Equipment Shelly			
6 p.m. (PP) Pilates Equipment Shelly					

PP = Punch Pass

8W = 8 Week Sessions