



CLASS SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
6:00AM						PILATES	
6:30AM	PILATES	PILATES	STRENGTH	GLUTES & CORE	HITT		
7:00AM					STRENGTH	PILATES	
7:30AM							
8:00AM						PILATES	
9:00AM		HITT				PILATES	
9:30AM	HITT		HITT & PILATES	PILATES	PILATES		
10:00AM		PILATES					
10:30AM			PILATES		PILATES		
5:15PM			PILATES				
5:30PM	PILATES	PILATES		PILATES	GLUTES & CORE		
6:00PM			GLUTES & CORE				
6:30PM	PILATES	PILATES		PILATES			
7:30PM				PILATES			



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