

PILATES/FITNESS SCHEDULE



MONDAY



🕒 **7:00 AM**
Pilates Equipment

TUESDAY



🕒 **4:15 PM**
Pilates Equipment

🕒 **7:15 PM**
Pilates Equipment

WEDNESDAY



🕒 **7:00 AM**
Pilates Equipment

🕒 **8:30 AM**
Barre Fitness

🕒 **5:00 PM**
Pilates Equipment

THURSDAY



🕒 **5:15 PM**
Pilates Equipment

FRIDAY



🕒 **8:00 AM**
Pilates Equipment

SATURDAY



🕒 **7:00 AM**
Mat Pilates

🕒 **8:00 AM**
Pilates Equipment

🕒 **12:00 PM**
Pilates Equipment

SUNDAY



🕒 **9:00 AM**
Pilates Equipment