

PILATES CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30 AM Jamie - 2 spots	6:00-7:00 AM Jackie - 2 spots	8:45-9:45 AM MBL - Full	6:00-7:00 AM Jackie - 2 spots	5:00-6:00 AM Jamie - 2 spots	9:00-10:00 AM MBL - Full
6:30-7:30 AM MBL - Full	8:30-9:30 AM Jamie - 2 spots	9:45-10:45 AM MBL - Full	7:00-8:00 AM Jackie - 2 spots	8:00-9:00 AM MBL - Full	
8:45-9:45 AM MBL - Full	9:00-10:00 AM Brittany - 2 spots	10:45-11:45 AM Jamie - 2 spots	8:30-9:30 AM Jamie - 2 spots	9:00-10:00 AM MBL - Full	
9:45-10:45 AM MBL - Full	12:00-1:00 PM Brittany - 2 spots	4:30-5:30 PM MBL - Full	10:30-11:30 AM Jamie - 4 spots	10:00-11:00 AM MBL - Full	
5:30-6:30 PM MBL - Full	1:30-2:30 PM MBL - Full	6:00-7:00 PM Frances - 1 spot	1:00-2:00 PM Brittany - 2 spots	1:30-2:30 PM MBL - Full	
6:30-7:30 PM MBL - Full	2:30-3:30 PM MBL - Full		2:00-3:00 PM MBL - Full		
	3:45-4:45 PM MBL - Full		5:30-6:30 PM Frances - 2 spots		
	4:15-5:15 PM Brittany - Full				
	5:30-6:30 PM Frances - 1 spot				
	6:30-7:30 PM Kathy - Private				



We recommend 2 Private Sessions before joining class. Please feel free to contact us for assistance. 337-344-3552