

Schedule

Registration required

| Times | Classes | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
|---------------|-----------------|----------------------------|--|----------------|--|-------------------------------------|----------------------------|-----|
| 9:30-10:30am | Yoga Pilates | | Pilates 9:30am Core Strength | | Yoga 9:30am | | Prenatal Yoga 9:10am | |
| 10:30-11:30am | Yoga Pilates | | | | | | Yoga 10:15am | |
| 11:30-12:30pm | Yoga Pilates | | | | | | | |
| 12:30-2:30pm | Yoga Pilates | | Yoga 12:00pm | | | Pilates 12:00pm Baby & Mom | | |
| 2:30-3:30pm | Yoga Pilates | | | | | | | |
| 3:30-4:30pm | Yoga Pilates | | | | | | | |
| 4:30-5:30pm | Yoga Pilates | | | | | | | |
| 5:30-6:30pm | Yoga Pilates | | | | | | | |
| 6:30-7:30pm | Yoga Pilates | Yoga 6:00pm | Pilates 6:15pm Inter- mediate | Yoga 6:00pm | Pilates 6:15pm Prenatal Pilates | | | |
| 7:30-8:30pm | Yoga Pilates | Prenatal Yoga 7:20pm | Pilates 7:20pm Advanced | Yoga 7:30pm | Pilates 7:30pm Beginner | | | |
| 8:30-9:30pm | Yoga Pilates | | | | | | | |