

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09:00 - 10:00	Pilates Equipment*		Aerial Yoga*		Pilates Mat	
09:30 - 10:30		Pilates Equipment		Pilates Equipment		
10:00 - 11:00	Pilates Equipment*		Pilates Equipment		TRX & Functional	Kids Aerial Yoga*
10:30 - 11:30		Pilates Equipment		Pilates Equipment		
11:00 - 12:00	Classical Ballet Barre à Terre*		Pilates Equipment		Pilates Equipment	Aerial Yoga*
12:00 - 13:00						Pilates Equipment*
13:00 - 14:00						Prenatal Pilates*
18:00 - 19:00	Aerial Yoga*	Intro to Pilates Equipment*	Pilates Equipment	Classical Ballet Barre à Terre*	Intro to Pilates Equipment*	
19:00 - 20:00	Pilates Equipment	Prenatal Pilates*	Pilates Equipment	Intro to Pilates Equipment*	Pilates Equipment*	
20:00 - 21:00	Pilates Equipment	Cardio Pilates Fusion*	Pilates Equipment	Pilates Equipment*	Pilates Mat*	
21:00 - 22:00	Pilates Equipment	Vinyasa Flow Yoga*	TRX & Functional	Pilates Equipment*	Vinyasa Flow Yoga*	

\*English speaking



# Discover the new You!

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pilates + yoga