



Class Schedule

Monday

09:00 Pilates
10:00 Pilates
14:00 Pilates
18:00 Pilates

Thursday

10:00 Pilates
13:30 Pilates
17:30 L.I.I.T Class
18:45 Pilates

Tuesday

09:00 Pilates
10:00 Pilates
18:30 Pilates

Friday

10:00 Pilates

Wednesday

09:00 Pilates
10:00 Pilates
18:30 Pilates

Saturday

09:00 Pilates
10:00 Pilates

