

**GROUP CLASSES SCHEDULE
FROM JANUARY 15th, 2018**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am	STOTT PILATES®		STOTT PILATES®	totalbarre	STOTT PILATES®
9:50 am	GOLD (THERAPEUTIC)		GOLD (THERAPEUTIC)		GOLD (THERAPEUTIC)

4:30 pm	STOTT PILATES®		STOTT PILATES®		
5:20 pm	GROUP ON MAT		GROUP ON MAT		
5:30 pm	STOTT PILATES®		STOTT PILATES®		
6:20 pm	SPX REFORMERS		SPX REFORMERS		
6:30 pm	STOTT PILATES®				
7:20 pm	SPX REFORMERS				
6:30 pm	totalbarre	STOTT PILATES®	<i>BodyShape</i>	STOTT PILATES®	<i>BodyShape</i>
7:20 pm		GROUP ON MAT		GROUP ON MAT	
07:30 pm					
08:20 pm					

This program is not permanent and is subject to changes.

For more information about the programs offered please visit our website: www.pilatesbodyharmony.com

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