



PILATES GROUP SCHEDULE

MONDAY

8 a.m. Pilates – Michelle

TUESDAY

9:30 a.m. Pilates – Debbi

WEDNESDAY

7 a.m. Pilates – Tiffeny

THURSDAY

9:00 a.m. Pilates – Linda

FRIDAY

7:30 a.m. Pilates – Tiffeny

8:30 a.m. Pilates – Debbi

PILATES STUDIO

Pilates Group has special package pricing