



PILATES SCHEDULE

MONDAY

10 am w/ Linda
11 am w/ Tiffeny

TUESDAY

8 am w/ Tiffeny

WEDNESDAY

7 am w/ Tiffeny
11 am w/ Tiffeny
5:30 pm w/ Carrie

THURSDAY

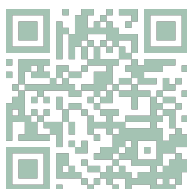
10 am w/ Linda
12 pm w/ Carrie

FRIDAY

7 am w/ Tiffeny
9 am w/ Tiffeny

NEW TO PILATES?

Pilates Intro – Four (4) 30-minute
private Pilates sessions for \$140



For full class descriptions,
please visit our website at
befitnesscenter.com.

**24 hour cancellation
policy applies.**