



# PILATES SCHEDULE

## **MONDAY**

11 am w/ Tiffeny

## **TUESDAY**

8 am w/ Tiffeny

## **WEDNESDAY**

7 am w/ Tiffeny  
11 am w/ Tiffeny

## **THURSDAY**

10 am w/ Linda  
12 pm w/ Carrie

## **FRIDAY**

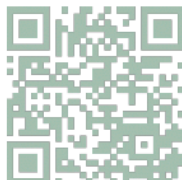
7 am w/ Tiffeny  
9 am w/ Tiffeny

## **SATURDAY**

10 am w/ Carrie

## **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.**