



830 249 1662

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.00 AM	Advanced Group Pilates	Advanced Group Pilates	Advanced Group Pilates	Advanced Group Pilates	Advanced Group Pilates	By appointment
8:00 AM	Intermediate Group Pilates	Intermediate Group Pilates	Intermediate Group Pilates	Intermediate Group Pilates	Intermediate Group Pilates	By appointment
9.00 AM	Intermediate Group Pilates					By appointment
11.00 AM	Wellness Group Class	Wellness Group Class	Wellness Group Class	Wellness Group Class	Wellness Group Class	By Appointment
5.30 PM		Intermediate Group Pilates		Intermediate Group Pilates		By appointment

The Wellness group class is focused on overcoming the challenges of the aging process by developing or maintaining balance, strength, flexibility and cardio vascular health. M, W & F include the cardio training on the circuit training and T & T are 55min of Pilates.

Group Pilates classes can be a mix of exercise on mat or any Pilates equipment. It will be at the discretion of the teacher to pick appropriate props or equipment for the class.

Private lessons are available by appointment. We recommend private lessons if you are new to Pilates or have special needs.

The schedule is subject to change.

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