

Pilates Schedule

Monday		Tuesday	Wednesday		Thursday		
7:30	SEMI-PRIVATE BETTY		7:30				
9:00	SEMI-PRIVATE BETTY		9:00	SEMI-PRIVATE JUDY		8:30	
10:30			10:30	SEMI-PRIVATE JUDY		10:00	SEMI-PRIVATE BETTY
			12:00			11:30	SEMI-PRIVATE BETTY
			1:30			1:00	
			3:00			2:30	
			4:30			4:00	

The studio is not available for Pilates on Monday afternoon, Tuesdays and Thursdays.
 Semi-private and private spots are available at those times where there is nothing currently scheduled.