

March to April 1st Virtual Classes 2020 SCHEDULE

Schedule subject to change

PLEASE CHECK IN WITH THE STUDIO WEEKELY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 AM	Virtual Pilates Mat All Levels	Virtual Pilates Mat All Levels	Virtual Pilates Cardio Challenge All Levels	Virtual Pilates Mat All Levels	Virtual Pilates Mat All Levels	Virtual Pilates Mat All Levels	
10:00AM	Virtual Feldenkrais Class						Virtual Pilates Mat All Levels
11:00 AM			Virtual Salsa Workout & Shines w/ Silenia Rodrigues				
11:30 AM				Virtual Rehab and Stretch Pilates			
6:00PM	Virtual Pilates Mat All Levels	Virtual Pilates Mat All Levels	Virtual Pilates Mat All Levels	Virtual Pilates Mat All Levels			