



**PILATES
STANCE**

August



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						¹ 9am Mat
² 10am Intro Pilates	³	⁴ 9am Reformer	⁵	⁶ 9am Reformer	⁷	⁸ 9am Mat
⁹ 10am Intro Pilates	¹⁰ 4pm Teens	¹¹ 9am Reformer	¹²	¹³ 9am Reformer	¹⁴	¹⁵ 9am Mat
¹⁶ 10am Intro Pilates	¹⁷ 4pm Teens	¹⁸ 9am Reformer	¹⁹	²⁰ 9am Reformer	²¹	²² <u>No Class Today</u> <u>Mat moved to</u> <u>8/23</u>
²³ 9am Mat 10am Intro Pilates ³⁰	²⁴ 4pm Teens ³¹	²⁵ 9am Reformer	²⁶	²⁷ 9am Reformer	²⁸	²⁹ 9am Mat

\$45 Classes
- Sunday
Intro to
Pilates

Buy 6 Intro
to Pilates
Classes for
\$240 (\$40)

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