

PILATES SCHEDULE 2024

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15		SPORT		SPORT	
6:35		BEGINNERS BEGINNERS-INTERMEDIATE		BEGINNERS BEGINNERS-INTERMEDIATE	
8:00	BEGINNERS-INTERMEDIATE	INTERMEDIATE	REBOUNDING (INTERMEDIATE - ADVANCED PILATES)	INTERMEDIATE	BEGINNERS-INTERMEDIATE
12:00	BEGINNERS	INTERMEDIATE	BEGINNERS REBOUNDING FOR BALANCE & FALL PREVENTION - BEGINNERS	INTERMEDIATE	BEGINNERS
15:00		SWIMMERS			
16:15	BEGINNERS	REBOUNDING	BEGINNERS	REBOUNDING	
17:15	INTERMEDIATE ADVANCED	BEGINNERS INTERMEDIATE	BEGINNERS-INTERMEDIATE INTERMEDIATE-ADVANCED	BEGINNERS INTERMEDIATE	
18:15			BEGINNERS-INTERMEDIATE		