MAT PILATES/BARRE/YOGA SCHEDULE

September 8-October 31, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM						
8:30 AM						
9:00 AM	**9:00am** **Yoga** **OPEN**	**9:00am** **Pilates with Props** with virtual option **SPACES AVAILABLE**	**9:00am** **Barre** **SPACES AVAILABLE**	**9:00am** **Pilates with Props (virtual only)** **SPACES AVAILABLE**		
9:30 AM						
10:00 AM					**10:00am** **Fascinating Fascia** with virtual option **SPACES AVAILABLE**	
10:30 AM						
11:00 AM						**11:00am** **Yoga** **OPEN**
11:30 AM						
12:00 PM		**12:00pm** **NEW! Intro to Yoga** **12 SPACES**	**12:00pm** **Yoga** **OPEN**			
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM	**5:00pm** **Mat Pilates** **SPACES AVAILABLE**				**5:00pm** **Yoga** **OPEN**	
5:30 PM						
6:00 PM				**6:00pm** **Barre** **SPACES AVAILABLE**		
6:30 PM						
7:00 PM		**7:00pm** **Yoga** **OPEN**				
7:30 PM						