

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	11:00am Yoga OPEN
10:30 AM						
11:00 AM						
11:30 AM		11:00am Fascinating Fascia with virtual option SPACES AVAILABLE				
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						
7:30 PM		7:00pm Yoga OPEN				

