

NOV

Nov 16

-

Nov 22

2020

MONDAY

New to Pilates:
Let the Body Move

TUESDAY

PilatesBites:
Full Body
or
Live Group Class at
12:15 pm EST

WEDNESDAY

Restorative Pilates:
Hip Mobility

THURSDAY

Intermediate
Pilates: Oh My Abs

FRIDAY

New to Pilates:
Balance Pilates

SATURDAY

Prop Pilates:
The Towel Workout
or
Live Group Class at
9 am EST

SUNDAY



Rest Day

NOTES: