

Pilates Studio Group Classes



PILATES STUDIO EQUIPMENT GROUP CLASS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT	SUN
				6:00 AM Beginner Ashley		
9:00 AM Beginner Ashley						
11:30 AM Beginner Lynda		11:30 AM Beginner Lynda				
4:00 PM Adv/Beg Tower Bridget		4:00 PM Adv/Beg Tower Bridget				
5:30 PM Restore & Stretch Tower Bridget		5:15 PM Intermediate Tower Bridget				
			6:30 PM Beginner Jenna			

See Pilates fee schedule at the front desk

Pilates Group Classes are upstairs in the Pilates Studio

7-People max.,per Class

85 Lafayette Circle, Lafayette 925-284-7732

www.lafayettehealthclub.com