

Pilates on Highland Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Group Equipment (Therese)	Group Equipment (Therese)	Group Equipment (Therese)	Tower (Kelly)	Advanced Equipment (Kelly)		
8am	Mat (Therese)						
9am		Group Equipment (Sharon)	Mat (Sharon)			Mat (Staff)	
10am						Group Equipment (Staff)	
Noon	Core Barre (Angel)						
4:30pm	Advanced Group Equipment (Kelly)		Reformer/ Jumpboard (Susan)	4:15 Group Equipment (Alison)			
5:30pm	Mat (Kelly)	Boot Camp (Alison & Kelly)	Mat (Susan)	Beginner Mat (Susan)			5-6:30 Level I Ashtanga Yoga (Valerie)
	Intro. to Equipment			Tower (Alison)			
6:30pm		Pilates for Men (Kelly)	6:45 Level II Ashtanga Yoga (Valerie)				

Drop in for a Mat Class!

Highlighted classes must be signed up for online in advance

YogawithValerie.com