



# STUDIO 1002 PILATES SCHEDULE

TIME INSTRUCTOR

## Monday

5:30 - 6:30 pm Small Group Training ..... Jess

## Tuesday

9:00 - 10:00 am Small Group Training ..... Jess

6:00 - 7:00 pm Small Group Training ..... Virtual with Therese

## Wednesday

6:00 - 7:00 pm Small Group Training ..... Kurt

11:30 - 12:30 pm Small Group Training ..... Kurt

## Thursday

6:30 - 7:30 am Small Group Training ..... Jess

TIME INSTRUCTOR

## Friday

9:00 - 10:00 am Small Group Training ..... Jess

## Saturday

9:00 - 10:00 am Small Group Training ..... Virtual with Therese

10:00 - 11:00 am Small Group Training ..... Jess

## Sunday

9:00 - 10:00 am Small Group Training ..... Kurt