

~ Class Schedule ~

MONDAY

10:00am Pilates Equipment*
11:00am..... 'Wise Guy' Pilates Equipment
5:30pm Pilates Equipment*

TUESDAY

9:30am Stability~Mobility

WEDNESDAY

10:00am Stability~Mobility
5:30pm Pilates Mat

THURSDAY

12:00noon Pilates Mat
1:00pm Pilates Equipment*

FRIDAY

10:00am Stability~Mobility
11:15am..... Strong & Stable Pilates Equipment (for 70+)

SATURDAY

8:00am Pilates Equipment*
9:00am Universal Yoga

Register for Class at
www.loveprajna.com

**Pilates equipment classes must
have instructor approval after
finishing private sessions.*

