



# PILATES PLUS

CORE MOVEMENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:00 am Equipment (BC)		7:00 am Equipment (BC)	7:00 am Equipment (BC)	
8:00 am Equipment (BC)		8:00 am Equipment (BC)		8:00 am Equipment (BC)	8:00 am Equipment (BC)
9:00 am Equipment (BC)	9:00 am Equipment (BC)	9:00 am Equipment (BC)	9:00 am Equipment (BC)	9:00 am Equipment (BC)	9:30 am Equipment (BC)
12:30 pm Equipment (BC)					10:30 pm Equipment (BC)
5:00 pm Equipment (BC)	5:00 pm Equipment (BC)	5:00 pm Equipment (BC)	5:00 pm Equipment (BC)		
6:00 pm Equipment (BC)	6:00 pm Equipment (BC)	6:00 pm Equipment (BC)			
7:00 pm Equipment (BC)		7:00 pm Equipment (BC)			

**FEES:**

Pilates Equipment Class \$30.00

All classes are priced for 3 or more individuals per class.

All classes are 60 minutes.

To register for a class, please call **619-231-8030**.

Instructor: (BC) Bret Caslavka