



Pilates Studio 1 Class Schedule

561.493.4966

www.pilatesstudio1.com

5508 S. Dixie Hwy, West Palm Beach, FL 33405

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

To sign up for a class – GO TO www.pilatesstudio1.com – Click on **Book Online** ,follow the prompts to create an account and book classes.

	8:15 Equipment	8:30 Equipment			8:45 Adv. Mat
9:00 Equipment		9:30 Equipment	9:15 Reformer	9:00 Equipment	10:00 Beg Mat
5:30 Beg. Mat	6:30 Int. Mat	6:35 Beg. Mat	5:30 Reformer		
6:35 Equipment			6:35 Adv. Mat		

12 Hour Online Cancellation Applies To All Classes