



Pilates Mat Int\* 9:30-10:25 Jackie  
 Yoga Ref\* 10-10:55 Ocean  
 Pilates Mat Int/Adv\* 10:30-11:25 Jackie  
 Pilates Eq Ess\* 12-12:55 CANCELLED  
 Group PT\* 5:05-5:55 Sonja  
 Pilates Mat Int/Adv\* 9-9:55 Jackie  
 Pilates Eq Ess\* 9:30-10:25 Ocean ?  
 Pilates Mat Ess Senior\* 10:30-11:25 Jackie  
 Pilates Eq Int\* 12:30-1:25 Ocean ?  
 Rental Varsity Track 8-9  
 NEW Group PT\* 7-7:55 CANCELLED  
 Core Str.\* 8:45-9:40 Ocean  
 Pilates Eq Int\* 9-9:55 Jackie  
 Yoga Flow\* 9:45-10:40 Ocean  
 Pilates Eq Ess\* 11:30-12:25 Susan  
 Pilates Eq Int\* 12:30-1:25 Susan  
 Pickleball Prep\* CANCELLED  
 Yoga Flow\* 5-5:55 Stefanie W  
 Group PT\* 5:05-5:55 Sonja  
 Pilates Eq Int\* 5:30-6:25 Elspeth  
 Pilates Eq Int\* 9-9:55 Jackie ?  
 NEW FascialFit\* 9:30-10:25 Ocean  
 Pilates Mat Ess\* 10:30-11:25 Ocean  
 Pilates Eq Ess\* 5:15-6:10 CANCELLED  
 Barre\* 5:30-6:25 Kaycie  
 NEW Group PT\* 8-8:55 Erin  
 NEW Group PT\* 7-7:55 Erin  
 Pilates Eq Int\* NEW 9-9:55 Ocean  
 Yoga Flow\* 10-10:55 Ocean  
 Pilates Mat Int\* 9-9:55 Susan  
 Group PT\* 9:30-10:25 Sonja  
 Bounce Pilates\* 10-10:55 Susan  
 Pilates Eq Ess\* 11-11:55 Susan  
 Fitness in Chinese\* 4-4:55 Jason  
 Fitness in Chinese\* 5-5:55 Jason  
 Fitness in Chinese\* 6-6:55 Jason

Pilates Mat Int\*