

**Pilates Fitness**  
**48 SW Albany Avenue, Stuart, FL 34994-2099 772-781-8800**  
**Class Schedule, November 13, Weeks**

Class Times are Subject to Change

**CLASS SCHEDULE NOVEMBER 13, 6 WEEKS**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
---------------	---------------	----------------	------------------	-----------------	---------------	-----------------

Pre-registration is Required. All ability levels accepted. Bring water, mat & towel for mat classes. Drink plenty of water before and during class.

	9:00 AM Reformer+	8:30 AM Mat Pilates Balls & Bands	9:00 AM Reformer+	8:30 AM Mat (Flow Pilates)	10:00 Reformer+	
Class sizes are limited	6:00 PM Mat & Props	5:00 PM Mat & Props	6:00 PM Matt & Props	6:00 PM Piloga		Class schedule subject to change

