


# Pilates Studio Group Class Schedule

Fall 2022

							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
			7:00 a.m. Reformer w/ Kari				
8:00 a.m. Mixed Apparatus w/ Sybille	8:00 a.m. Zoom Mat w/ Sybille		8:00 a.m. Zoom Mat w/ Sybille	8:00 a.m. Mixed Apparatus w/ Sybille			
	10:00 a.m. Reformer w/ Cristina				<p><b>3-5 participants per session</b></p> <p><b>Sessions require instructor pre-approval and are fee-based</b></p> <p><b>For more information, please contact Sybille Draper <a href="mailto:drapers@smccd.edu">drapers@smccd.edu</a></b></p>		
				1:00 p.m. Reformer w/ Kari			
4:00 p.m. Reformer w/Kari							
		5:00 p.m. Reformer w/ Kari					