

# Pilates Studio Group Class Schedule

Spring 2023



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