

Pilates Studio Group Class Schedule

FALL 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 a.m. Mixed Apparatus w/Sybille	8:00 a.m. Zoom Mat w/Sybille	**NEW CLASS** 8:00 a.m. Mixed Apparatus 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>3 – 5 participants per session</p> <p>Sessions require Instructor pre-approval and are fee-based.</p> <p>For more information, please contact Sybille Draper at drapers@smccd.edu.</p>	
				1:00 p.m. Reformer w/Kari		
4:00 p.m. Reformer w/Kari						
		5:00 p.m. Reformer w/Kari				
6:00 p.m. Apparatus w/Ginny						