Pilates Studio Group Class Schedule

Spring 2024

COLLEGE OF SAN MATEO
ATHLETIC CENTER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 a.m. Mixed Apparatus w/Sybille	**8:00 a.m.** Zoom Mat w/Sybille	**8:00 a.m.** Mixed Apparatus w/Sybille	**8:00 a.m.** Zoom Mat w/Sybille	**8:00 a.m.** Mixed Apparatus w/Sybille		
	8:15 a.m. Reformer w/Cristina				**3 – 5 participants per session** **Sessions require Instructor pre-approval and are fee-based.** **For more information, please contact Sybille Draper at drapers@smccd.edu**	
				1:00 p.m. Reformer w/Kari		
4:00 p.m. Reformer w/Kari						
	*****NEW CLASS***** **5:00 p.m.** Group Apparatus W/ Jessica	**5:00 p.m.** Reformer w/Kari				
6:00 p.m. Apparatus w/Ginny			*****NEW CLASS***** **6:00 p.m.** Group Apparatus W/ Jessica			