

RECREATE PILATES CLASS SCHEDULE

Monday/Wednesday

8:00 - 9:00
9:00 - 10:00
10:00 - 11:00
12:30 - 1:15 (Beginning Cardio/Jumpboard)
4:30 - 5:30
5:30 - 6:30
6:30 - 7:30
7:30 - 8:30 (Cardio/Jumpboard - Wed Only)

Instructor

Cyndie
Cyndie
Cyndie
Gina
Debbie
Debbie
Debbie
Debbie

Tuesday/Thursday

8:00 - 9:00
9:30 - 10:30
10:30 - 11:30
12:30 - 1:15
4:00 - 5:00
5:00 - 6:00
6:00 - 7:00
7:00 - 8:00 (Cardio/Jumpboard)

Gina
Cyndie
Cyndie
Cyndie
Jamie
Jamie
Jamie
Debbie

Friday

8:00 - 9:00 (Cardio/Jumpboard)
9:00 - 10:00
10:00 - 11:00

Jamie
Jamie
Jamie

Saturday

8:00 - 9:00
9:00 - 10:00 (Cardio/Jumpboard)
10:00 - 11:00

Debbie
Debbie
Debbie

www.recreatepilates.com