

# ELEMENT PILATES - YOGA - FITNESS

## PILATES STUDIO SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00 AM</b>	REFORMER GROUP CLASS w/CHARLENE				REFORMER GROUP CLASS w/CHARLENE		
<b>7:00 AM</b>						PRIVATE	
<b>8:00 AM</b>		REFORMER GROUP CLASS w/CHARLENE		REFORMER GROUP CLASS w/CHARLENE	REFORMER GROUP CLASS w/CHARLENE	REFORMER GROUP CLASS w/CHARLENE	
<b>9:00 AM</b>	REFORMER GROUP CLASS w/CHARLENE	PRIVATE	REFORMER GROUP CLASS w/CHARLENE	REFORMER GROUP CLASS w/CHARLENE	PRIVATE	<b>YOGA 60 MIN</b>	
<b>10:00 AM</b>	SEMI PRIVATE	PRIVATE	SEMIPRIVATE	PRIVATE	SEMIPRIVATE	REFORMER GROUP CLASS w/CHARLENE	
<b>11:00 AM</b>	SEMI PRIVATE	SEMI-PRIVATE	PRIVATE	PRIVATE		PRIVATE	
<b>12:00 PM</b>	<b>YOGA 45 MIN</b>	PRIVATE	<b>PILATES MAT/BARRE 45 MIN</b>	PRIVATE		SEMI-PRIVATE	
<b>1:00 PM</b>		<b>F.I.T. 30 MIN</b>		<b>PILATES MAT w/Props 45 MIN</b>			
<b>1:30 PM</b>		PRIVATE					
<b>2:30 PM</b>		PRIVATE					
<b>3:30 PM</b>		SEMI-PRIVATE					
<b>4:30 PM</b>		PRIVATE					
<b>5:45 PM</b>		REFORMER GROUP CLASS w/CHARLENE					
<b>6:30 PM</b>							
<b>7:30 PM</b>							

**GREEN** BOXES ARE GROUP FITNESS CLASSES.  
 GROUP FITNESS PRICES: Drop In: \$12.00/Class, \$95/10 Classes, \$170/20 Classes, \$225/30 Classes ZUMBA classes are only \$5!!  
**ALL GROUP FITNESS CLASSES ARE AVAILABLE ON ZOOM and ALL CLASSES CAN BE BOOKED ONLINE AT:**  
<https://clients.mindbodyonline.com/classic/ws?studioid=529092> or on the MINDBODY app.  
 Check out our website at: [elementpilatesomaha.com](http://elementpilatesomaha.com)