

ELEMENT PILATES - YOGA - FITNESS

PILATES STUDIO SCHEDULE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------|---------------------------------|---------------------------------|-------------------------------------|---------------------------------|---------------------------------|---------------------------------|--------------------|
| 6:00 AM | REFORMER GROUP CLASS w/CHARLENE | | | | REFORMER GROUP CLASS w/CHARLENE | | |
| 7:00 AM | | | | | | PRIVATE | |
| 8:00 AM | PRIVATE | REFORMER GROUP CLASS w/CHARLENE | | PRIVATE | REFORMER GROUP CLASS w/CHARLENE | REFORMER GROUP CLASS w/CHARLENE | |
| 9:00 AM | REFORMER GROUP CLASS w/CHARLENE | PRIVATE | REFORMER GROUP CLASS w/CHARLENE | REFORMER GROUP CLASS w/CHARLENE | PRIVATE | YOGA 60 MIN (Z) | YOGA 60 MIN |
| 10:00 AM | SEMI PRIVATE | PRIVATE | SEMIPRIVATE | PRIVATE | SEMIPRIVATE | REFORMER GROUP CLASS w/CHARLENE | |
| 11:00 AM | PRIVATE | REFORMER GROUP CLASS w/CHARLENE | PRIVATE | PRIVATE | PRIVATE | PRIVATE | |
| 12:00 PM | YOGA 45 MIN (Z) | PRIVATE | PILATES MAT/BARRE 45 MIN (Z) | PRIVATE | | PRIVATE | |
| 1:00 PM | | SENIOR F.I.T. 30 MIN (Z) | | SEMI PRIVATE | | PRIVATE | |
| 1:30 PM | | PRIVATE | | PRIVATE | | PRIVATE | |
| 2:30 PM | | | | | | | |
| 3:30 PM | | | | | | | |
| 4:30 PM | | PRIVATE | | PRIVATE | | | |
| 5:45 PM | | REFORMER GROUP CLASS w/CHARLENE | | PRIVATE | | | |
| 6:00 PM | | | | ZUMBA | | | |
| 7:00 PM | RESTORATIVE YOGA 60 MIN | TRANQUIL YOGA 60 MIN | | TRANQUIL YOGA 60 MIN (Z) | | | |

BLUE BOXES ARE GROUP REFORMER CLASSES.

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 AVAILABLE ON ZOOM have the letter (Z) after the title. ALL CLASSES CAN BE BOOKED ONLINE AT:

<https://clients.mindbodyonline.com/classic/ws?studioid=529092> or on the MINDBODY app.

Check out our website @: elementpilatesomaha.com