

ELEMENT PILATES - YOGA - FITNESS PILATES STUDIO SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM	REFORMER GROUP CLASS w/CHARLENE						
6:00 AM					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)	
10:00 AM	SEMI PRIVATE	PRIVATE	SEMIPRIVATE	PRIVATE	SEMIPRIVATE	REFORMER GROUP CLASS w/CHARLENE	
11:00 AM	REFORMER GROUP CLASS w/CHARLENE	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	
12:15 PM					TOTAL BODY STRENGTH 45 MIN		
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		TRANQUIL YOGA 60 MIN		TRANQUIL YOGA 60 MIN			

BLUE BOXES ARE GROUP REFORMER CLASSES.

GREEN BOXES ARE GROUP FITNESS CLASSES.

GROUP FITNESS PRICES: *Drop In: \$18.00/Class, \$120/10 Classes, \$220/20 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.