

# ELEMENT PILATES - YOGA - FITNESS PILATES STUDIO SCHEDULE

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

**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.