

Pilates



| Pilates | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|---------|------------------|----------|-----------|----------|----------|----------|--------|
| | 6:30am | | Reformer | | Reformer | | | |
| | 8:30am | Jump | Reformer | Reformer | Reformer | Reformer | Reformer | |
| | 9:30am | Reformer | Reformer | Reformer | Jump | Jump | Reformer | |
| | 10:30am | Reformer | Reformer | Reformer | Reformer | Reformer | | |
| | 11:30am | Intro to Pilates | | | | | | |
| | 4:30pm | Reformer | | Reformer | | | | |
| | 5:30pm | Reformer | Reformer | Reformer | Reformer | | | |

Schedules online at www.ddaonline.com

Speak to a Membership Director for More Information

Effective January 19th, 2020