

# Pilates



<b>Pilates</b>		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	8:30am	Reformer Jodi	Reformer Jodi	Reformer Jodi				Reformer Salini	
	9:00am				Reformer Diana	Reformer Diana			
	9:30am	Reformer Jodi	Reformer Jodi	Reformer Jodi			Reformer Salini		
	10:00				Reformer Diana	Reformer Diana			
	10:30am	Reformer Jodi	Reformer Jodi	Reformer Jodi					
	5:30pm	Reformer Karen	Reformer Shalini	Reformer Karen	Reformer Shalini	Reformer Salini			

**Schedules online at [www.ddaonline.com](http://www.ddaonline.com)**

**Speak to a Membership Consultant for More Information**

**Effective August 1st, 2021**