

Smart Body Pilates



Group Class Schedule

Session Dates: Mon, Feb 6th - March 26th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			8:30 - 9:30am Intermediate Group Pilates (Aimee)		8:30 - 9:30am Rock Rip & Roll Orbit TRX &
				9:00 - 10:00am Intermediate Group Pilates (Aimee)	9:00 - 10:00am Intermediate Group Pilates (Mahala)
	10:00 - 11:00am Intermediate Group Pilates (Mahala)		10:00 - 11:00am Intermediate Group Pilates (Jody)		9:30 - 10:30am Rock Rip & Roll TRX & Orbit
	11:00 - 12:00pm Pilates Light (Mahala)		10:30 - 11:30am Rock Rip & Roll TRX & Orbit		10:00 - 11:00am INTRO to Pilates (Mahala)
			5:00 - 6:00pm Rip & Roll Orbit		
6:15 - 7:15pm Intermediate Group Pilates (Rebecca)	6:00 - 7:00pm Rip & Roll Orbit Rock TRX &	6:30 - 7:30pm Intermediate Group Pilates (Aimee)	6:00 - 7:00pm Intermediate Group Pilates (Aimee)		
7:15 - 8:15pm Intermediate Group Pilates (Rebecca)	7:00 - 8:00pm Intermediate Group Pilates (Marie)	7:30 - 8:30pm Intermediate Group Pilates (Cathy)	7:00 - 8:00pm Rip & Roll Orbit Rock TRX &		

NEW!! Rock, Rip & Roll Class using TRX and Pilates Orbit - SESSION DATES: Feb 6th - March 12th

Please contact the studio to register, drop in or join a class mid session

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