

	Mon	Tues	Wed	Thurs	Fri	Sat
9am-10am	Private Pilates (K. Thompson)	Pilates for Back Care (Drop In)	Private Pilates/Yoga (Chris Csak)	Pilates Fundamentals (Drop In)	Private Pilates/Yoga (Chris Csak)	
11am-12pm						Yoga for Runners (Reg'd/Prog.)
12:00-1:00	Pilates Level 1 beginner (Drop In)		Pilates Intermediate /Advance (Reg'd/Prog.)		Pilates Level 1 beginner (Drop In)	
1-2pm	Private Pilates/Yoga (Chris Csak)			Private Pilates/Yoga (Chris Csak)	Private Pilates/Yoga (Chris Csak)	
2-4pm			Private Pilates (K. Thompson)		Private Pilates (K. Thompson)	
6:00-7:00	Pilates for Spinal Health (Reg'd/Prog.)	Flow Yoga (Drop In)				
6:30-7:30pm				Therapeutic Yoga (Drop In)		
7:15-8:15pm		Yoga for Stress & Anxiety (Reg'd/Prog.)				

Chris Csak

Megan Keylock

Kasey Thompson, RMT