







# CLASS SCHEDULE

- Effective: June 1, 2025 -

## MONDAY

-  8:15-9am Full Body Sculpt
- 9:15-10am Mat Pilates Level: Adv. Beginner
-  5:15-6pm Mat Pilates Level: Beginner
-  6:30-7:45pm Back to the Barre: Intermediate Ballet 7-Week Workshop: 7/7 - 8/25

## WEDNESDAY

- 8:15-9am Full Body Sculpt
-  6:30-7:45pm Ballet Bootcamp: Advanced Beginner 7-Week Workshop: 7/9 - 8/27




## FRIDAY

-  7:15-8am Mat Pilates Level: Beginner
-  8:15-9am Full Body Sculpt

## TUESDAY

-  7:15-8am Bootycamp
- 5:15-6pm Mat Pilates Level: Intermediate

## THURSDAY

-  7:15-8am Barre Burn
- 8:15-9am Mat Pilates Level: Adv. Beginner
-  5:15-6pm Men's Mat Pilates All Levels
-  6:30-7:45pm Ballet 101: Absolute Beginner 7-Week Workshop: 7/10 - 8/28

## SATURDAY

-  9:30-10:15am Pilates in the Park All Levels  
JUNE - AUGUST No class on 6/7, 6/28, 7/12, 7/26
- 9:30-10:15am Mat Pilates Level: Beginner  
Class held *in-studio* only on 6/7, 7/12  
\*LIMITED SPOTS
- 11-11:45am Mat Pilates Level: Intermediate  
No class on 6/28, 7/26

-  New Time Offering
-  Brand New Class
-  Workshop Series
-  Limited Time Event

**Level: Beginner** = no experience required

**Level: Adv. Beg** = experience preferred, but not required

**Level: Intermediate** = 3 months Pilates practice minimum or instructor permission

ALL classes require registration via MindBody. Minimum enrollment of 2 participants to run any section.

MAKING MOVES FITNESS & DANCE