

MAY

2023

Group Classes

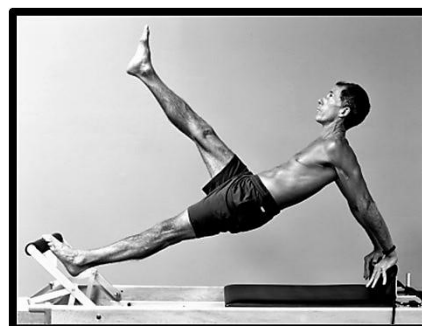
Head-to-Toe Training Pilates + Fitness

To register:

Email: dan@thehouseofpilates.net or train@thehouseofpilates.net

Telephone:

Studio: 256.772.2006 (landline, do not text) or Dan's cell: 256.617.1283 (text)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 11am-Reformer* 5pm-Mat	2 6am-TRX* 530pm-Ref*	3	4 6am-Reformer* 6pm-Mat	5	6 9am-Mat 10am-Reformer*
7	8 11am-Reformer* 5pm-Mat	9 6am-TRX* 530pm-Ref* 630pm-AdvRef**	10	11 6am-Reformer* 6pm-Mat	12	13 9am-Mat 10am-AdvRef* 11am-Reformer*
14 	15 11am-Reformer* 5pm-Overball Mat	16 6am-TRX* 530pm-Reformer* 630pmAdvRef**	17	18 6am-Reformer* 6pm-PilatEASE	19	20 9am-Mat 10am-AdvRef** 11am-Reformer*
21	22 11am-Reformer* 5pm-Mat	23 6am-TRX* 530pm-Reformer* 630pmAdvRef**	24	25 6am-Reformer* 6pm-Mat	26	27 9am-Mat 10am-AdvRef** 11am-Reformer*
28	29 MEMORIAL DAY, STUDIO CLOSED!	30 6am-TRX* 530pm-Reformer* 630pmAdvRef**	31			

*All classes marked * require registration. Unless otherwise noted all classes will be taught for all levels.*