

DECEMBER

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
Dec 31				6am-Reformer*	1	2 9am-Mat 10am-Reformer* 11am-Reformer*
3	4 11am-Reformer* 5pm-Mat	5 530pm-Ref* 630pm-Adv.Rf*	6	7 6am-Reformer* 6pm-Overball	8	9 9am-Mat 10am-Reformer* 11am-Reformer*
10	11 11am-Reformer* 5pm-Mat	12 530pm-Reformer* 630pm Adv. RF*	13	14 6am-Reformer* 6pm-Mat	15	16 9am-Mat 10am-Reformer* 11am-Reformer*
17 <i>Jingle and Mingle Party!</i>	18 11am-Reformer* 5pm-Mat	19 530pm-Reformer* 630pm Adv. RF*	20	21 6am-Reformer* 6pm-Mat	22	23 Studio Closed!
24	25 	26 530pm-Reformer* 630pm Adv RF*	27	28 6am-Reformer* 6pm-Mat	29	30 9am-Mat 10am-Reformer* 11am-Reformer*

***REQUIRES RESERVATION **RESERVATION AND APPROVAL**