

THE PILATES COLLECTIVE

GROUP CLASSES

CONTROLOGY WORKOUT

Tuesday 8 am
Wednesday 2 pm
Wednesday 6 pm
Thursday 10 pm
Friday 2 pm
Saturday 10am
Sunday 10am

IN STUDIO CLASSICAL PILATES MAT CLASSES

Monday 7 pm
Monday 5 pm - Pilates for Teens

ONLINE CLASSICAL PILATES CLASSES

Virtual Apparatus Class - Tuesday 10 am
Mat Class - Thursday 7 am

TOTAL BODY CONDITIONING - FRANKLIN METHOD

Saturday 9 am
