

# Small Group Pilates / Trumbull

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM Shannon		6:00 AM Shannon		6:00 AM Shannon		8:30 AM
8:00 AM Shannon		8:00 AM Shannon		8:00 AM Shannon		9:30 AM Shannon
9:00 AM Shannon		11:00 AM Shannon		10:00 AM Shannon		11:30 AM Shannon
		6:00 PM Shannon				



7:00 PM  
Shannon

Join us to achieve a total body transformation through improved core strength, flexibility, posture, and balance. Programming is progressive and results based.

Book your First Class FREE at the Front Desk!