

Small Group Pilates / Trumbull

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:00 AM Shannon		6:00 AM Shannon		
8:30 AM Shannon eff 1/7		8:00 AM Shannon		8:00 AM Shannon		9:00 AM Shannon
10:00 AM Shannon eff 1/7		11:00 AM Shannon		10:00 AM Shannon eff 1/7		11:00 AM Shannon
		6:00 PM Shannon eff 1/7				

7:00 PM
Shannon
eff 1/7



Come 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!
Open to first time clients as a one time trial period