

The Pilates Studio of Camas

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
5:00 AM	Plank-ster	5:00 AM		5:00 AM	Strength & Precision	5:00 AM		5:00 AM	Bodhi
6:00 AM	Strengthen & Lengthen	6:00: AM	Strength & Precision	6:00 AM	Circuit	6:00 AM	Tower	6:00 AM	Infinity
7:00 AM	Private Session	7:00 AM	Private Session	7:00 AM	Private Session	7:00 AM	Private Session	7:00 AM	Private Session
8:10 AM	Foundation Reformer	8:10 AM	Strengthen & Lengthen	8:10 AM	Functional Movement	8:10 AM	Foundation Mat	8:10 AM	Foundation Reformer
9:30 AM	Plank-ster	9:30 AM	Tower	9:30 AM	Run, Run, Run	9:30 AM	Infinity	9:30 AM	Strength & Precision Reformer
10:30 AM	Pilates Mat & Reformer	10:30 AM	Circuit	10:30 AM	Foundation Reformer	10:30 AM	Strengthen & Lengthen	10:30 AM	Run, Run, Run
12:00 PM	Run, Run, Run	12:00 PM	Tower	12:00 PM	Foundation Reformer	12:00 PM	Circuit	12:00 PM	Foundation Reformer
3:30 PM	Yoga Strength & Surrender	3:30 PM	Foundation Reformer	3:30 PM	Yoga Power Flow	3:30 PM	Tower		
4:30 PM	Foundation Reformer	4:30 PM	Circuit	4:30 PM	Plank-Ster Reformer	4:30 PM	Stength & Precision		
4:45 PM	Yoga Power Flow			4:45 PM	Yoga Strength & Surrender				
5:30 PM	Run, Run, Run	5:30 PM	Infinity	5:30 PM	Strength & Precision Reformer	5:30 PM	Foundation Reformer		
6:00 PM	Yoga Restorative			6:00 PM	Yoga Restorative				
SATURDAY		SUNDAY / Temporary Closed							
8:00 AM	Tower								
9:00 AM	Run, Run, Run								
10:00 AM	Foundation,								
11:00 AM	Strengthen & Precision								



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