

The Pilates Studio of Camas

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 AM Strengthen & Lengthen	6:00 AM Infinity	6:00 AM Tower	6:00 AM Strength & Precision	6:00 AM Circuit
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 Foundation, Reformer	8:10 AM Foundation, FloorWork	8:10 AM Foundation, Reformer	8:10 AM Foundation, FloorWork
9:15 AM Run, Run, Run	9:15 AM Strengthen & Lengthen	9:15 AM Circuit	9:15 AM Plankster	9:15 AM Tower
10:00 AM Private Session	10:10 AM Tower	10:30 AM Functional Movement	10:00 AM Private Session	10:10 AM Foundation, Reformer
10:30 AM Private Session	11:00 AM Mat & Meditation	11:30 AM Private Session	10:30 AM Private Session	10:30 AM Private Session
12:00 PM Private Session	12:00 PM Private Session	12:00 PM Private Session	12:00 PM Private Session	11:00 AM Private Session
12:30 PM Private Session	12:00 PM Private Session	12:00 PM Private Session	12:00 PM Private Session	12:00 PM Private Session
1:00 PM Private Session	1:00 PM Private Session	1:00 PM Private Session	1:00 PM Private Session	1:00 PM Private Session
1:30 PM Private Session	2:00 PM Private Session	2:00 PM Private Session	2:00 PM Private Session	2:00 PM Private Session
2:00 PM Private Session	2:30 PM Private Session	2:00 PM Private Session	2:00 PM Private Session	2:00 PM Private Session
2:30 AM Private Session	3:00 PM Private Session	3:00PM Private Session	3:00PM Private Session	3:00 PM Private Session
3:00 AM Private Session	3:30 PM Bodhi	3:30 PM Strengthen & Precision	3:30 PM Tower	3:00 PM Private Session
3:30 PM Strength & Surrender Yoga	4:30 PM Foundation, Reformer	3:30 PM Yoga Power Flow	4:30 PM Run, Run, Run	3:30 PM Private Session
5:00 PM Yoga Power Flow	5:30 PM Plankster	4:30 PM Infinity	5:30 PM Foundation, Reformer	4:00 PM Private Session
6:30 PM Restorative Yoga	6:30 PM Strengthen & Percision	5:00 PM All Level Yoga	6:30 PM Bodhi	4:30 PM Private Session
		5:30 PM Circuit		5:00 PM Private Session
		6:30 PM Strength & Surrender Yoga		5:30 PM Private Session
		6:30 PM Foundation, Reformer		6:00 PM Private Session
				6:30 PM Private Session

SATURDAY	SUNDAY	Classes and Session Policies
7:00 AM Private Session	7:00 AM Bodhi meets Barre	Unlimited Monthly Membership \$129.00
8:00 AM Bodhi	8:00 AM Circuit	5 for \$50.00 (5 Group Classes, 30 Days, \$50.00)
9:00 AM Run, Run, Run	9:00 AM Foundation, Reformer	Single Class \$20.00
9:30 AM All Level Yoga	9:30 AM Guided Meditation Yoga	Cancellations under 8 hours and No Show Policy
10:00 AM Foundation, Reformer	10:00 AM Infinity	* Month to Month (30 Day) Membership - Loss of the Session / Group Class Pass
11:00 AM Strengthen & Precision	11:00 AM Strengthen & Lengthen	* Unlimited Monthly Group Class - Charge to Account on file \$20.00 (single group class)
12:00 PM Private Session	12:00 PM Private Session	* Private Session - Loss of the Private Session
12:30 PM Private Session	12:30 PM Private Session	GROUP CLASSES HOURS MAY VARY
1:00 PM Private Session	1:00 PM Private Session	
1:30 PM Private Session	1:30 PM Private Session	
2:00 PM Private Session	2:00 PM Private Session	
2:30 PM Private Session	2:30 PM Private Session	
3:00 PM Private Session	3:00 PM Private Session	
3:30 PM Private Session	3:30 PM Private Session	
4:00 PM Private Session	4:00 PM Private Session	
4:30 PM Private Session	4:30 PM Private Session	



MeU Pilates Studio >^~,>^< 3132 NE 3rd Avenue, Camas WA >^~,>^< 360.209.5229

Schedule for October, 2019, November, 2019, December, 2019