

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, Breathe Reformer	8:10 AM	Foundation, Breathe Reformer	8:10 AM	Functional Movement	8:10 AM	Foundation, Breathe Reformer	8:10 AM	Foundation, Center 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		10:10 AM	Tower	10:15 AM	Foundation, Reformer	10:15 AM	Pilates & Props (FloorWork)	10:10 AM	Foundation, Breathe Reformer
10:30 AM	Private Session	11:00 AM	Pilates & Props (FloorWork)	11:00 AM		12:00 PM		11:00 AM	Private Session
12:00 PM		12:00 PM		12:00 PM		12:00 PM		12:00 PM	
12:30 PM		12:00 PM		1:00 PM		1:00 PM		1:00 PM	
1:00 PM		1:00 PM		2:00 PM		2:00 PM		2:00 PM	
1:30 PM		2:00 PM		3:00 PM		3:00 PM		3:00 PM	
2:00 PM		2:30 PM		3:30 PM	Strengthen & Precision	3:30 PM	Tower	3:00 PM	
2:30 AM	Private Session	3:00 PM		3:30 PM	Yoga Power Flow	4:30 PM	Run, Run, Run	3:30 PM	
3:30 PM	Strength & Surrender Yoga	3:30 PM	Bodhi	4:30 PM	Infinity	5:30 PM	Foundation, Breathe Reformer	4:00 PM	
5:00 PM	Yoga Power Flow	4:30 PM	Foundation, Breathe Reformer	5:00 PM	All Level Yoga	6:30 PM	Bodhi	4:30 PM	
6:30 PM	Restorative Yoga	5:30 PM	Plankster	5:30 PM	Circuit			5:00 PM	
		6:30 PM	Strengthen & Percision	6:30 PM	Strength & Surrender Yoga			5:30 PM	
				6:30 PM	Foundation, Breathe Reformer			6:00 PM	
								6:30 PM	
SATURDAY						SUNDAY		Classes and Session Policies	
7:00 AM						7:00 AM		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, Breathe Reformer	Single Class \$20.00	
9:30 AM						10:00 AM	Infinity	Cancellations under 8 hours and No Show Policy * Month to Month (30 Day) Membership - Loss of the Session / Group Class Pass * Unlimited Monthly Group Class - Charge to Account on file \$20.00 (single group class) * Private Session - Loss of the Private Session GROUP CLASSES AND CLASS HOURS MAY VARY AND OR UPDATED	
10:00 AM	Foundation, Breathe Reformer					11:00 AM	Strengthen & Lengthen		
11:00 AM	Strengthen & Precision					12:00 PM			
12:00 PM						12:30 PM			
12:30 PM						1:00 PM			
1:00 PM						1:30 PM			
1:30 PM						2:00 PM			
2:00 PM						2:30 AM			
2:30 PM						3:00 AM			
3:00 PM						3:30 PM			
3:30 PM						4:00 PM			
4:00 PM						4:30 PM			
4:30 PM									



MeU Pilates Studio >^~^< 3132 NE 3rd Avenue, Camas WA >^~^< 360.210.4373

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

Updated 11/18/2019