



Daily Schedule



Nov./Dec. 2018

| MONDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
|--|------------------|-----------|------------------|----------|------------------|----------|------------------|----------|------------------|
| | | | | 8:00 AM | Private | | | | |
| 9:00 AM | Conditioning 3 | | | 9:00 AM | Conditioning 2/3 | 9:00 AM | Conditioning 3 | | |
| 10:00 AM | Conditioning 2/3 | | | 10:00 AM | Conditioning 1 | 10:00 AM | Conditioning 2 | | |
| | | 11:30 AM | Private | 11:00 AM | Private | 11:00 AM | Conditioning 1 | 11:00 AM | Dancers - Studio |
| 12:00 PM | Restorative 1 | 12:30 PM | Private | 12:00 PM | Conditioning 3 | 12:00 PM | Restorative 1 | | |
| 1:00 PM | Conditioning 1/2 | 1:30 PM | Private | | | | | 1:00 PM | Conditioning 1 |
| 2:00 PM | Private | 2:30 PM | Semi-Private | 2:30 PM | Dancers - Studio | 2:00 PM | Private | 2:00 PM | Dancer 2 |
| 3:00 PM | Private | | | 3:30 PM | Private | | | 3:00 PM | Private |
| | | 4:00 PM | Scolio 2 | | | 3:45 PM | Dancers - Studio | | |
| 5:30 PM | Conditioning 1 | 5:00 PM | Conditioning 1/2 | | | | | | |
| 6:30 PM | Private | 6:00 PM | Scolio 3 | | | | | | |
| Locations : Apple Pilates 734 Aldebury St. #204 | | | | | | | | | |
| Westcoast Pilates 1001 Cloverdale #102 | | | | | | | | | |