

PILATES

WEST ISLAND

438-889-5953

78 Donegani Pointe-Claire

MON	TUE	WED	THURS	FRI
	7:00 JODI	Private Classes Available		
8:00 JIM	8:20 Private		8:20 JODI	8:05 KYLE
9:15 JIM	9:30 JODI	9:15 KYLE	9:30 JODI	9:15 KYLE
Must reserve with instructor for drop-in		10:20 KYLE		10:20 KYLE
				11:30 KYLE

5:00 JODI	5:00 JIM	5:00 JODI	5:00 KYLE	
6:15 JODI	6:05 JIM	6:05 JIM	6:05 KYLE	
7:20 Private	7:10 JIM	7:10 JIM	7:10 KYLE	



NEW TO THE STUDIO?

BOOK AN INTRO CLASS TO

GET STARTED!

SAT	SUN
8:45 JIM	9:15 JIM
10:00 JIM	10:30 Private
11:15 JODI	11:45 KYLE
12:20 JODI	1:00 Le Chill Class
1:30 INTRO CLASS	