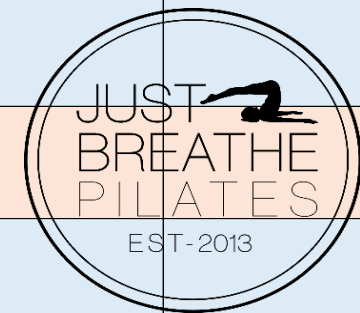


JUST BREATHE PILATES -January to March 2024 Schedule (EFFECTIVE January 4 to March 30, 2024)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM			6:45 am Group apparatus (2 spaces)	7am Group or Private lesson available		
8:00 AM		8:30 - Group apparatus	Mens Group Apparatus	Private lesson		
9:00 AM	Level 2/3 Mat class - (1 Space Available)			Level 2/3 Mat Class - (1 space available)	9am - Group apparatus - 2 spaces	
9:30 AM		9:45 - Level 2 Mat - 3 spaces	9:15am Group or Private lesson available			
10:15am	Private lesson			Group apparatus - 2 spaces available	Private lesson	
10:30 AM						
11:00 AM		Group apparatus (1 Space)	Private Lesson			
11:30am	Private lesson			Beginner Group Series (1 space)		
12:30 PM		Private lesson		Group apparatus		
3:30 PM	Private lesson			4 PM Private lesson		
4:30PM	Group apparatus class - 2 spaces available	Group apparatus class - 4 spaces		5:15pm - Group Apparatus (1 Space)		
6:00 PM	Advanced Group Mat class - (1 Space Available)	5:30PM Group beginner class (BOOKED)				
7:00 PM				Zoom Mat class - Ready to Join		



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BOOK ONLINE - JANE APP - Just Breathe Pilates