



THE PASEO CLUB
VALENCIA

Pilates Room Schedule

1/1/19

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|--|---|---|--|
| | 5:30 am - 6:30 am All Levels Reformer Cezanne | | 5:30 am - 6:30 am All Levels Reformer Cezanne | | | |
| 8:30 - 9:30 am Gold Member Reformer Lawren | 8:30 am - 9:30 am All Levels Reformer Trish | 8:30am - 9:30 am All Levels Reformer Melanie | 8:30 am - 9:30 am All Levels Reformer Trish | | | |
| 10:00 am - 11:00am Level 2/3 Reformer Ashley | 9:30 am - 10:30 am <i>Pilates Body Makeover</i> *Nadine | 10:00 am - 11:00 am Barre-Lates Ashley | 9:30 am - 10:30 am <i>Pilates Body Makeover</i> *Nadine | 10:00 am - 11:00 am Level 2/3 Reformer Ashley | 9:45 am -11:00 am Total Body Reformer Cezanne | 10:00 am - 11:00 am Athletic Stretch Reformer Rana |
| | 10:30 am - 11:30 am Gold Member Reformer Lawren | | | | 11:00 am - 12:00 pm Gold Member Reformer Gwen | |
| | 12:00 - 1:00 pm Beginning Reformer Tina | | | | | |
| | 5:00 pm -6:00pm Gold Member Reformer Jodi | | 5:00 pm - 6:00 pm Gold Member Reformer Rana | | | |
| | | | 6:30 - 8:30 Pilates & Pinot 1/17 only Cezanne sign up online | | | |
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Class Price: \$22 \$30 non-member Packages available 12 hour Cancellation & No Show Policy: \$22 regular, \$10 Gold

* 4 week Pilates Body Makeover Program with Nadine Starts Mid January Costs \$199 Sign up at the Front Desk