

Omni Pilates

all classes are 55 minutes

	Mon	Tue	Wed	Thu	Fri	Sat
6:30am		Tight'n'Tone		Tight'n'Tone		
9:00am	Morning Rise		Morning Rise			
11:00am						Fit & Tone
2:00pm	Fit & Tone		Fit & Tone			
6:15pm	Fit & Tone		Fit & Tone			