Day	Time	Duration (min)	Class	Category
Monday	9:00 AM	50	Mindful Yoga Flow - Beginner friendly	Yoga
Monday	10:00 AM	60	Pilates Fundamentals · Beginner	Pilates
Monday	11:00 AM	60	Flexibility & Stretch · All Levels	Stretch & Mobility
Monday	5:00 PM	50	Kids Performing Arts	Kids
Monday	6:00 PM	50	Pilates Fundamentals Beginners	Pilates
Monday	7:00 PM	50	Flexibility & Stretch. All levels	Stretch & Mobility
Monday	8:00 PM	50	Heels · Beginners	Dance
Tuesday	10:00 AM	60	Pilates Sculpt & Strength-Fitness level	Pilates
Tuesday	11:00 AM	60	Back Care & Deep Relaxation	Recovery
Tuesday	12:00 PM	60	Pilates Fundamentals · Beginner	Pilates
Tuesday	5:00 PM	60	Back Care & Deep Relaxation	Recovery
Tuesday	6:00 PM	60	Flexibility & Splits · Intermediate	Stretch & Mobility
Tuesday	7:00 PM	60	Heels · Intermediate	Dance
Wednesday	9:00 AM	60	Mindful Yoga Flow	Yoga
Wednesday	10:00 AM	60	Pilates Fundamentals · Beginner	Pilates
Wednesday	11:00 AM	60	Flexibility & Stretch · All Levels	Stretch & Mobility
Wednesday	5:00 PM	50	Kids Performing Art	Kids
Wednesday	6:00 PM	50	Pilates Fundamentals - Beginner	Pilates
Wednesday	7:00 PM	50	Flexibility & Stretch All levels	Stretch & Mobility
Wednesday	8:00 PM	50	Heels Dance - Style and confidence	Dance
Thursday	10:00 AM	60	Pilates Sculpt & Strength	Pilates
Thursday	11:00 AM	60	Back Care & Deep Relaxation	Recovery
Thursday	12:00 PM	60	Pilates Fundamentals · Beginner	Pilates
Thursday	6:00 PM	60	Flexibility & Splits · Intermediate	Stretch & Mobility
Thursday	7:00 PM	60	Heels · Intermediate	Dance
Friday	10:00 AM	60	Pilates Fundamentals · Beginner	Pilates
Friday	11:00 AM	60	Flexibility & Stretch · All Levels	Stretch & Mobility
Friday	12:00 PM	50	Pilates Sculpt & Strength Fitness level	Pilates
Friday	5:00 PM	50	Pilates Sculpt & Strength	Pilates

Friday	6:00 PM	45	Dance Energy	Dance
Friday	7:00 PM	50	Flexibility & Stretch - All levels	Stretch & Mobility