

JANUARY

Available PILATES CHAIR APPOINTMENTS

WED
1/7

10:30AM, 11:30AM, 12:30PM

FRI
1/9

10:30AM, 11:30AM, 12:30PM

WED
1/14

10:30AM, 11:30AM, 12:30PM

WED
1/21

10:30AM, 11:30AM, 12:30PM

FRI
1/23

10:30AM, 11:30AM, 12:30PM

WED
1/28

10:30AM, 11:30AM, 12:30PM

FRI
1/30

10:30AM, 11:30AM, 12:30PM

PRIVATE OR SEMI-PRIVATE TRAINING
CONTACT STUDIO TO BOOK!



THEBARREEFFECT@GMAIL.COM

