

# ÔM Group Class Schedule

**Reformer Pilates Semi-Private 18.30**

**Reformer Pilates Semi-Private 12.30**

**Reformer Pilates Semi-Private 17.30**

**Reformer Pilates Semi-Private 13.15**

**Reformer Pilates Semi-Private 18.00**

**Reformer Pilates Semi-Private 12.30**

**Reformer Pilates Semi-Private 11.00**

**Reformer Pilates Semi-Private 11.00**

**Reformer Pilates Semi-Private 18.00**

## MONDAY

**12.30 Power Flow Yoga Pilates**

**19.45 Pilates Sculpt & Tone**

## TUESDAY

**12.30 Stability & Ease**

**19.30 Healing Yoga Pilates Flow**

## WEDNESDAY

**12.30 Yin-Yang Aerial Yoga**

**18.45 Pilates Sculpt & Tone**

**20.00 Good Stretch & Yoga Flow**

## THURSDAY

**12.00 Aerial Healing Yin Yoga**

**18.45 Dance-Inspired Yoga Pilates**

**20.00 Aerial Healing Yin Yoga**

## FRIDAY

**12.00 Power Flow Yoga Pilates**

**13.15 Yin Yoga & Self Massage**

**17.30 Good Stretch & Yoga Flow**

## SATURDAY

**10.15 Good Stretch & Yoga Flow**

**11.30 Power Aerial Yoga Pilates**

**12.45 Advanced Aerial Yoga**

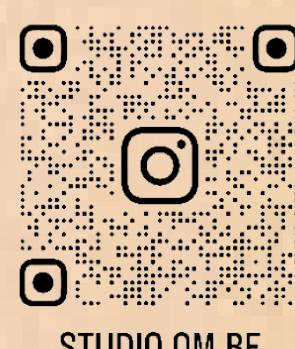
## SUNDAY

**10.00 Pilates Sculpt & Tone**

**11.15 Good Stretch & Yoga Flow**

**17.00 Aerial Strength and Stretch**

**18.15 Rhythmic & Sound Healing**



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Schedule may change

