

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**

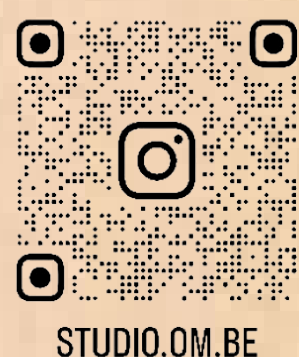
12.00 Power Flow Yoga Pilates
13.15 Yin Yoga & Self Massage
17.30 Good Stretch & Yoga Flow

● **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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Book class via link
Schedule may change

