

# Pilates Bahamas

## 2018 Schedule

LYFORD CAY SHOPPING CENTRE - 2nd FLOOR TEL: (242) 428-1072 EMAIL: pilatesbahamas1@gmail.com

Time	Mon	Tue	Wed	Thu	Fri	Sat
9:00 AM	Mat Class/Stretch		Pilates Equipment		Pilates Equipment	
10:00 AM					Pilates Equipment	
11:00 AM						
12:00 PM	Pilates Equipment		Cardio Tramp & Vinyasa Flow Yoga		Pilates Equipment	
1:00 PM						
2:00 PM						
3:00 PM						
4:30 PM						
5:30 PM		Pilates Equipment				

\*Please cancel 24-hrs before your scheduled class or you will be charged for the full amount of the scheduled class/session.

\*We require clients to wear a clean pair of socks for hygiene reasons.