

~ Class Schedule ~

MONDAY

9:00am Pilates Equipment: Fuse Ladder - *open*
10:00am Pilates Equipment*
10:00am Stable & Strong Pilates Equipment* - *open*
11:00am..... 'Wise Guy' Pilates Equipment - *open*
5:30pm Pilates Equipment - *open*

TUESDAY

7:00am Pilates Equipment - *open*
9:30am Stability~Mobility Mat - *open*

WEDNESDAY

8:00am Pilates Equipment - *open*
10:00am Stability~Mobility Mat - *open*
5:30pm Pilates Mat - *open*

THURSDAY

10:00am 'Wise Guy' Pilates Equipment - *open*
12:00noon Pilates Mat - *open*
1:00pm Pilates Equipment*

FRIDAY

10:00am Stability~Mobility Mat - *open*
11:15am..... Stable & Strong Pilates Equipment - *open*

SATURDAY

8:00am Pilates Equipment*
9:00am Universal Yoga - *open*

* Classes marked OPEN do not require private sessions prior to attending. All other equipment classes need private sessions at Prajna to prepare.

Register online : www.loveprajna.com

