

Pilates and Yoga by Garda Weekly Schedule

For information or to join a class contact Garda at

Pilatesandyogabygarda@gmail.com

Monday	Tuesday	Wednesday	Thursday	Friday
Vinyasa Yoga 12:00 pm	Foundation Pilates <i>*Silver Friendly*</i> 12:00 pm	Vinyasa Yoga 12:00 pm	Foundation Pilates <i>*Silver Friendly*</i> 12:00pm	On the ball 12:00 pm
Classical Mat and More 5:30 pm	Vinyasa Yoga 5:30 pm	Classical Mat and More 5:30 pm	Vinyasa Yoga 5:30 pm	