

WESTLAKE VILLAGE

CLASS SCHEDULE

| DAY/TIME | INSTRUCTOR | CLASS LEVEL |
|----------|------------|-------------|
|----------|------------|-------------|

Monday

| | | |
|------------|---------|---------------|
| 9:00 a.m. | Rachel | Mixed |
| 11:00 a.m. | Sabrina | Int./Advanced |
| 12:00 p.m. | Lisa | Mixed |
| 1:00 p.m. | Lisa | Int./Advanced |
| 5:00 p.m. | Lisa | Mixed |

Tuesday

| | | |
|------------|------|---------------|
| 9:00 a.m. | Lisa | Int./Advanced |
| 10:00 a.m. | Lisa | Mixed |
| 3:00 p.m. | Chea | Gentle |

Wednesday

| | | |
|------------|--------|---------------|
| 9:00 a.m. | Rachel | Mixed |
| 12:00 p.m. | Lisa | Mixed |
| 1:00 p.m. | Lisa | Int./Advanced |

Thursday

| | | |
|------------|---------|---------------|
| 9:00 a.m. | Lisa | Int./Advanced |
| 10:00 a.m. | Sabrina | Int./Advanced |
| 11:00 a.m. | Rachel | Gentle |

Friday

| | | |
|------------|------|---------------|
| 9:00 a.m. | Lisa | Mixed |
| 10:00 a.m. | Lisa | Int./Advanced |

Saturday

| | | |
|-----------|------|-------|
| 9:00 a.m. | Dani | Mixed |
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Int. = Intermediate



- ◆ Classes are geared for those in good physical condition and prior Pilates experience.
- ◆ Our safety protocols require a minimum of 5 private sessions before joining classes for anyone new to Pilates.
- ◆ To book a class simply go to our website and click on "Book Now." You can reserve your preferred classes up to 1 month in advance.
- ◆ **12-HOUR CANCELLATION IS REQUIRED TO AVOID BEING CHARGED.**

Phone: (805) 418-1777
Email: Chea@PilatesEvolved.com
www.PilatesEvolved.com

Classes and Instructors subject to change without notice.