

WESTLAKE VILLAGE

CLASS SCHEDULE

DAY/TIME	INSTRUCTOR	CLASS LEVEL
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Monday

9:00 a.m.	Rachel	Mixed
11:00 a.m.	Sabrina	Int./Advanced
4:00 p.m.	Sabrina	Mixed

Tuesday

9:00 a.m.	Lisa	Mixed
3:00 p.m.	Chea	Beginner/Int.

Wednesday

9:00 a.m.	Rachel	Mixed
12:00 p.m. (NEW)	Lisa	Cardiolaties
4:00 p.m. (NEW)	Cathy	Mixed

Thursday

9:00 a.m.	Lisa	Mixed
10:00 a.m.	Sabrina	Int./Advanced
11:00 a.m.	Lisa	Beginner/Int.

Friday

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

Saturday

9:00 a.m.	Cathy	Mixed
10:00 a.m.	Cathy	Mixed

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.

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Effective as of November 1, 2023