

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
4:00 p.m.	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. (NEW)	Lisa	Cardiolates

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. Admission to classes are at Instructor's discretion.**
- ◆ **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 January 1, 2024