



Pilates and Yoga Studio

5815 Traffic Way, Atascadero, CA 93422 805.466.YOGA (9642)

WWW.THESPACENTRALCOAST.COM

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
7:55 AM						Group Reform II Megan/Nikki
8:15 AM	Group Reform II Megan		Group Reform II Megan		Group Reform II Megan	
8:30 AM		Group Reform II Nikki		Group Reform II Nikki		
9:00 AM						Group Reform II Megan/Nikki
9:30 AM	Group Reform III Megan		Group Reform III Megan		Group Reform III Megan	
9:35 AM		Group Reform II Nikki		Group Reform II Nikki		
10:15 AM						Free Intro to Pilates
10:30 AM	Group Reform I Megan	Group Reform I Nikki	Group Reform II Nikki		Group Reform I Megan	
12:00 PM	Group Reform II Megan		Group Reform II Megan		Group Reform II Megan	
12:30 PM		Group Reform II Nikki		Group Reform II Nikki		
3:30 PM						
4:30 PM	Group Reform II Megan	Group Reform II Megan		Group Reform II Megan		
5:30 PM	Group Reform II Megan	Group Reform III Megan	Group Reform II Megan	Group Reform III Megan		
6:30 PM	Group Reform I-II Megan	Group Reform III Megan	Group Reform II Megan	Group Reform III Megan		

- * All Classes Require that you take the FREE Introductory class on Saturday's at 10:15 AM. This class is limited to 5 participants, so sign up early. If this class does not fit with your schedule, please call the studio to arrange a private Intro Class.
- * All of our classes are 1 hour (Intro class is 40 min.). We use a combination of the Pilates Reformer, Mat and Ball. A quicker pace gets the heart rate up and ensures that you Get the most out of your hour.
- * Class levels are set from Level I - Level III. The pace at which the class moves, student's understanding of Pilates principles and level of exercise difficulty all determine the level of the class.
- * You may sign up online by going to www.thespacentralcoast.com