



# Perfect Body Pilates

## Class Schedule with Elsa

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM							
9:30 AM	ZOOM MAT	ZOOM MAT	STUDIO MAT	ZOOM MAT	STUDIO MAT		
10:00 AM			<i>(Mission Studio)</i>		<i>(Mission Studio)</i>		
10:30 AM							BARRE CLASS
11:00 AM							<i>(Mission Studio)</i>
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM		REFORMER GROUP		REFORMER GROUP			
2:30 PM		<i>(Castro Studio)</i>		<i>(Castro Studio)</i>			
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM	REFORMER GROUP						
7:00 PM	<i>(Castro Studio)</i>						

CASTRO STUDIO: 493 Sanchez Steet San Francisco CA 94114

MISSION STUDIO: 3422 20th Street San Francisco CA94110

Book your Class on [www.PerfectBodyPilates.com](http://www.PerfectBodyPilates.com)



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