



## PILATES STUDIO SCHEDULE JANUARY 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:30 AM		Mixed level Reformer Anne					
10:00-11:00 AM							Mixed level Reformer Colleen/ Elizabeth
11:00AM-12:00PM							Gentle Reformer Colleen/ Elizabeth
12:00-1:00PM	Reformer II Therese (also Zoom)*				Mixed level Reformer Colleen		
12:30-1:30PM		Mixed level Reformer Anne (starts Jan 16)					
4:00-5:00PM		Mixed level Reformer Barbara	Men's Reformer Therese	Reformer II Therese (also Zoom)*	Better Back Reformer (Therese)		
5:00-6:00PM		Reformer II Barbara		Reformer II Therese			
5:15-6:15PM			Keep it Moving Studio/Zoom* Therese				

Visit [cachstc.clubautomation.com](http://cachstc.clubautomation.com) or use the Hills app to book your class and to check for any schedule changes.

\* Please contact the club to register for and to gain access to our Zoom classes:  
[tbrewitz@caclubs.com](mailto:tbrewitz@caclubs.com)