

February

2021

HEAD-TO-TOE TRAINING THE HOUSE OF PILATES AND FITNESS

GROUP CLASSES

All classes are limited in space and by appointment. To reserve your place in a class please email train@thehouseofpilates.net or call and leave a voice message at 256-772-2006, or text Dan at 256-617-1283.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 2pm-Reformer 5pm-Virtual Mat	2 530pm-Reformer	3	4 6pm-Virtual Mat Overball!	5	6 10am-Virtual Mat
7	8 2pm-Reformer 5pm-Virtual Mat	9 530pm-Reformer	10	11 6pm-Virtual Mat PilataEASE!	12	13 10am-Virtual Mat
14	15 2pm-Reformer 5pm-Virtual Mat	16 530pm-Reformer	17	18 6pm-Virtual Mat Overball!	19	20 10am-Virtual Mat
21	22 2pm-Reformer 5pm-Virtual Mat	23 530pm-Reformer	24	25 6pm-Virtual Mat Overball!	26	27
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