

The Scoop-A Pilates Studio
314-968-9629

8136 Big Bend Blvd. Webster Groves, MO 63119
www.TheScoop-APilatesStudio.com

CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7am BootCamp Pilates	6am I Mixed Equipment	7am BootCamp Pilates	6:30am I Mixed Equipment	7am BootCamp Pilates	8am Mat Class
	8am BootCamp Pilates	7am BootCamp Pilates	8am I to I/A Mixed Equipment	8:45am I to I/A Mixed Equipment	8am B/I to I Mixed Equipment	8:30am 90 Minute Intermediate Challenge
	9am I Mixed Equipment	8:45am I to I/A Mixed Equipment	9am I Mixed Equip.	9:45am B/I to I Mixed Equipment		9:15 am B to B/I Equip.
	10am B to B/I Mixed Equipment	9:45am B/I to I Mixed Equipment	10:30am B to B/I Mixed Equipment	10:30am Introduction To Mixed Equipment	10am B Mixed Equipment	10am I Mixed Equipment
	11:30am to 12:10pm Lunch Express Low Chair	11:30am to 12:10pm Lunch Express Mixed Equipment	11:30am to 12:10pm Lunch Express Mat			
				4:30pm BootCamp Pilates		
	6pm BootCamp Pilates	6pm I Mixed Equipment	6pm YBR Pilates	5:30pm B to B/I Mixed Equipment		
	6:30pm B/I to I Mixed Equipment		6:30pm B/I to I Mixed Equipment	6pm B to B/I Mixed Equipment		
		7pm I to I/A Mixed Equipment		7pm I to I/A Mixed Equipment		

Please visit our website for our LIVE Online Schedule for the most up to date information about our Class Schedule at www.TheScoop-APilatesStudio.com