

~ Pilates Studio City ~

Virtual Class Schedule from our Community of Teachers

MONDAY

10:00am (select dates) Gyrokinesis with Lora

WEDNESDAY

10:00am YouMove with Paula

FRIDAY

10:15am Gyrokinesis with Nikki

12:00pm Open Level Pilates Mat with Keiko

SATURDAY

9:00am YouMove with Paula

10:00am Foundations Level 1+ Pilates Mat with Sue

2:00pm Gyrokinesis with Colleen

SUNDAY

10:00am Level 2 Pilates Mat with Jehona

ON-DEMAND CLASSES *(new upload Fridays)*
with Marcy www.pilatesbymarcy.com/on-demand

TEACHER	CONTACT INFO	TO SIGN UP OR GET ON EMAIL LIST	PRICE	PAY METHOD
LORA	MOVEHEALBREATH@GMAIL.COM TINYURL.COM/GYROKINESISMONDAYS	ZOOM/ EMAIL	\$20 suggested donation	VENMO CASH
NIKKI	WWW.ARLUNVIJI.COM HELLO@ARLUNVIJI.COM	WEBSITE	\$25-30	CREDIT DEBIT
JEHONA	818-288-1606	TEXT	\$12	VENMO PAYPAL CASH APP
SUE	SUSAN.HULL50@ICLOUD.COM	EMAIL	\$15	VENMO
KEIKO	KEIKOTHANGPILATES@GMAIL.COM	EMAIL	\$12	VENMO PAYPAL ZELLE
COLLEEN	COLLEENGRAVES@SBCGLOBAL.NET	EMAIL	Donation	VENMO CHECK
MARCY	PILATESBYMARCY@GMAIL.COM 818-731-1633	WEBSITE	subscription & package options	CREDIT
PAULA	PAULACHAMBERS.ME/ONLINE-DANCE-FITNESS-CLASSES	WEBSITE	\$12-18	CREDIT PAYPAL