

Virtual Class Schedule ~ Pilates Studio City & Individual Teachers

TUESDAY

10:00am Level 2 Pilates Mat with Jehona

1:15pm Integrated Stretch with Nalani *

FRIDAY

**9:00am Open Level Pilates Mat with Jehona
(with a *Foam Roller*)**

10:15am Gyrokinesis with Nikki *

12:00pm Open Level Pilates Mat with Keiko

SATURDAY

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

11:00am Open Level Pilates Mat with Marcy

2:00pm Gyrokinesis with Colleen

TEACHER	CONTACT INFO	TO SIGN UP OR GET ON EMAIL LIST	PRICE	PAY METHOD
NALANI LORA NIKKI	WWW.PILATESSTUDIOCITY.COM 818-509-0914 INFO@PILATESSTUDIOCITY.COM	PSC WEBSITE OR EMAIL	\$12 (\$11 w/pkg)	CREDIT DEBIT
JESSICA	JAMBERMOVEMENT@GMAIL.COM 530-913-3071	EMAIL OR TEXT	-	-
KRISTEN	KRISTEN@KIWIMANGOFITNESS.COM	EMAIL	-	-
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	EMAIL OR TEXT	\$12	VENMO ZELLE CHECK

* *Highlighted teachers hold classes via Pilates Studio City.*

** *Kristen and Jessica Lang will be taking a break from Virtual Classes for the time being, but please contact them if you'd like to be put on their email lists for future classes and/or for private sessions.*