


Pilates Studio Group Class Schedule

Spring 2024

<div>  <div>COLLEGE OF SAN MATEO ATHLETIC CENTER</div> </div>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 a.m. Mixed Apparatus w/Sybille	8:00 a.m. Zoom Mat w/Sybille	8:00 a.m. Mixed Apparatus w/Sybille	8:00 a.m. Zoom Mat w/Sybille	8:00 a.m. Mixed Apparatus w/Sybille		
	8:15 a.m. Reformer w/Cristina				<p>3 – 5 participants per session</p> <p>Sessions require Instructor pre-approval and are fee-based.</p> <p>For more information, please contact Sybille Draper at drapers@smccd.edu</p>	
				1:00 p.m. Reformer w/Kari		
			NEW CLASS 2:00 p.m. Group Apparatus W/ Jessica			
4:00 p.m. Reformer w/Kari						
	5:00 p.m. Group Apparatus W/ Jessica	5:00 p.m. Reformer w/Kari				
6:00 p.m. Apparatus w/Ginny			6:00 p.m. Group Apparatus W/ Jessica			