

# PILATES ISLAND STUDIO SCHEDULE '18

MON	TUES	WED	THUR	FRI	SAT
8:30 GROUP REFORMER	8:30 60' PRIVATE	8:30 GROUP REFORMER	8:00 60' PRIVATE	8:30 CIRCUIT TRAINING	8:30 30' PRIVATE
9:30 LAID BACK MAT	9:30 60' PRIVATE	9:30 LAID BACK MAT	9:00 60' PRIVATE	9:30 LAID BACK MAT	9:00 60' PRIVATE
10:30 PILATES MAT	10:30 GROUP REFORMER	10:30 30' PRIVATE	10:00 BOSU	10:30 30' PRIVATE	10:00 PILATES MAT
11:30 60' PRIVATE	11:30 GROUP REFORMER	11:00 30' PRIVATE	11:00 GROUP REFORMER	11:00 & 11:30 30' PRIVATES	11:00 GROUP REFORMER
12:30 30' PRIVATE	2:30 PILATES MAT	11:30 30' PRIVATE	12:00 60' PRIVATE	12:00 60' PRIVATE	12:00 30' PRIVATE
1:00 60' PRIVATE	<i>PowerHouse</i>	12:00 60' PRIVATE	1:00 60' PRIVATE	1:00 60' PRIVATE	12:30 60' PRIVATE
4:30 & 5:00 30' PRIVATES	5:00 30' PRIVATE	4:30 GROUP REFORMER	5:00 30' PRIVATE	4:30 & 5:00 30' PRIVATES	1:30 & 2:00 30' PRIVATES
5:30 INTERMEDIATE	5:30 GROUP REFORMER	5:30 BOSU	5:30 60' PRIVATE	5:30 INTERMEDIATE	<i>Concentration</i>
6:30 30' PRIVATE	6:30 30' PRIVATE	<i>Breathing</i>	6:30 30' PRIVATE	6:30 GROUP REFORMER	<i>Fluidity</i>
7:00 GROUP REFORMER	7:00 PILATES MAT	<i>Control</i>	7:00 PILATES MAT	<i>Mind + Body</i>	<i>Precision</i>

WWW.PILATESISLAND.COM 200 BUTTERCUP CREEK BLVD CEDAR PARK, TX 78613 (512) 888-4496  
PLEASE CALL TO CHECK AVAILABILITY OR BOOK ONLINE

## PILATES ISLAND STUDIO PRICES AND PACKAGES with SARA ALLEGRI

PRIVATE SESSIONS INCLUDE MAT REFORMER CADILLAC AND CHAIRS		
30 MINS	PRIVATE	\$35
30 MIN X10	PRIVATE	\$300
1 HOUR	PRIVATE	\$65
10 HOURS	PRIVATE	\$600
1 HOUR	DUET	\$40

Annual Registration  
and Insurance Fee \$50  
You will not be charged  
for Holidays or  
days we are closed.

MUSCLE RE-EDUCATION  
BACK SOLUTIONS  
REHABILITATION  
PRE & POST PARTUM  
BOSU & TRX

OPEN MON - FRI  
8:30AM - 8:00PM  
SATURDAY 8:30AM - 2:00PM  
CLOSED SUNDAYS

HOURS MAY VARY  
PLEASE CALL FOR AVAILABILITY

GROUP MAT CLASSES INCLUDE MAT AND SMALL PROPS		
1 MONTH	\$130	\$10/HR
3 MONTHS	\$350	\$9/HR
CLASS PASS	\$125	\$12/HR
DROP IN	\$15	\$15/HR

YOU MAY ATTEND UP TO 3 CLASSES A WEEK

GROUP REFORMER / CIRCUIT 7 PERSON MAX PER INSTRUCTOR INCLUDE - CHAIR - LADDER BARREL SPINE CORRECTOR - PED-O-PULL & TRX		
1 HOUR	\$25	QUARTET+
10 HOURS	\$225	QUARTET+

*"The First Week is On Us."*

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