

Pilates Reformer

Winter Schedule



MONDAY

9:15AM - Hana

TUESDAY

11:45AM - Dede

1:00PM - Dede

WEDNESDAY

11:30AM - Dede

THURSDAY

10:30AM - Dede

11:30AM - Dede

FRIDAY

9:15AM - Kelli

Please see the front desk for reservations and to purchase packages!

Confirm appointments directly with instructor. See front desk for more information or email Kristin at

kristin@avilabayclub.com



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