



**BODYCARE**  
PHYSIOTHERAPY

# PILATES SCHEDULE

DAY	TIME	INSTRUCTOR
MON	3 pm	Bec
	4 pm	Bec
	5 pm	Bec
TUES	3 pm	Bec
WED	3 pm	Anna
	4 pm	Anna
	5 pm	Anna
THUR	4:30 pm	Bec
FRI		