

# VIRTUAL PILATES ZOOM CLASSES

**MONDAY**

pilates mat with  
ball & props  
6p

**TUESDAY**

pilates mat  
6p

**THURSDAY**

pilates mat with  
ball & props  
6p

**FRIDAY**

pilates mat with  
ball & props  
12p

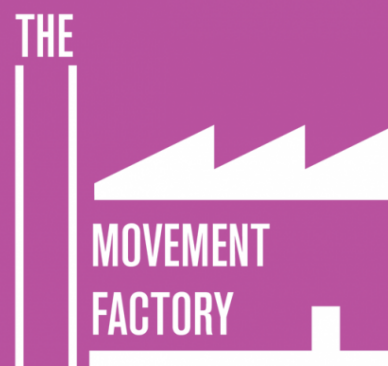
**SATURDAY**

pilates mat  
9a

**SUNDAY**

pilates mat  
10a

PRIVATE VIRTUAL TRAINING BY APPOINTMENT 7 DAYS A WEEK



[themovementfactory.com](http://themovementfactory.com)

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