

CORE ATLANTA ONLINE GROUP CLASS SCHEDULE Updated July 13th

NEW ON-DEMAND RECORDED CLASSES!

Want to attend a class, but can't make it at the time it occurs?

You can still sign up for select classes(*) and access the recording On-Demand for up to 24 hours after the class ends at **NO EXTRA COST!**

NEW CLIENT OFFER

2 WEEKS OF
UNLIMITED GROUP CLASSES
\$49

* denotes recorded classes
On Demand attendees will receive a link to
access the recording
Recording expires 24 hours
after the class ends.
Class attendees are not recorded. Only
instructors are recorded.

GROUP CLASS PRICING:
SINGLE 50 MIN CLASS - \$25
ONE MONTH UNLIMITED CLASSES - \$149
ONE MONTH UNLIMITED CLASSES
(FOR EXISTING MEMBERS) - \$99

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM		Pilates Mat III* Kristian	Gyrokinesis Flow* Jessica	Pilates Mat III* Kristian	Gyrokinesis Basics* Jessica	Pilates Mat III* Jessica	
9:00 AM	Pilates Mat II* Kristen		Pilates Mat II* Kristen		Pilates Mat III* Clare		
10:00 AM	Back, Hip & Pelvis with Core Stability* Dr. Charlotte	Pilates Mat I* Darlene		Pilates Mat I* Darlene	Neck & Shoulder plus Postural Stabilization* Dr. Charlotte		
12:00 PM	Lunchtime Yoga Pilates Flow* Kali	Pilates Mat II* Kristen		Pilates Mat II* Kristen	Pilates Mat III* Ila		
2:00 PM							Weight Bearing Exercises for Osteoporosis* Dr. Charlotte
3:00 PM			Balance Training* Dr. Charlotte Total Body Stretch* Dr. Charlotte				
4:00 PM		Pilates Mat II* Ila		Pilates Mat II* Ila			Pilates Mat II* Ila
6:00 PM			Pilates Mat II Kimberly				

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