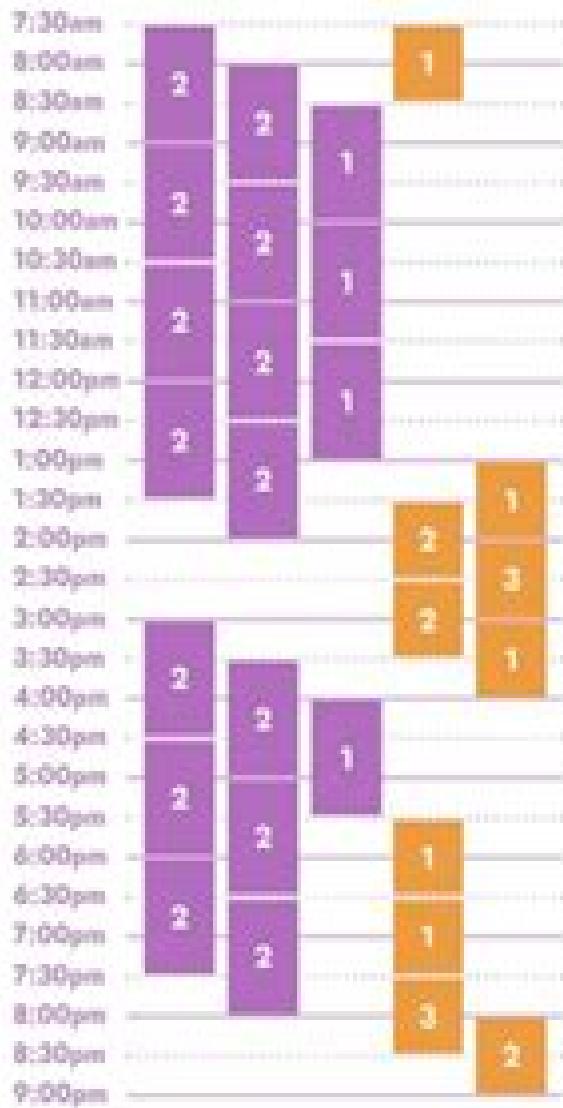
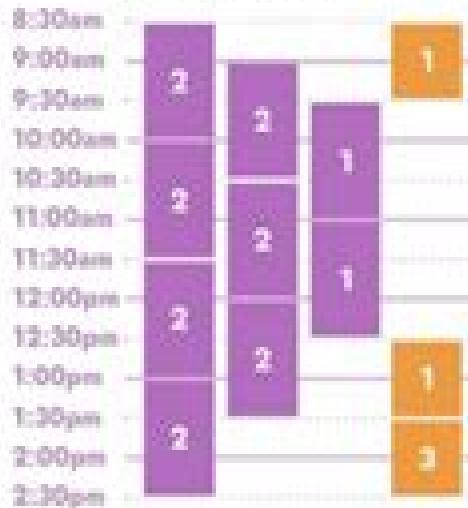


MONDAY-FRIDAY

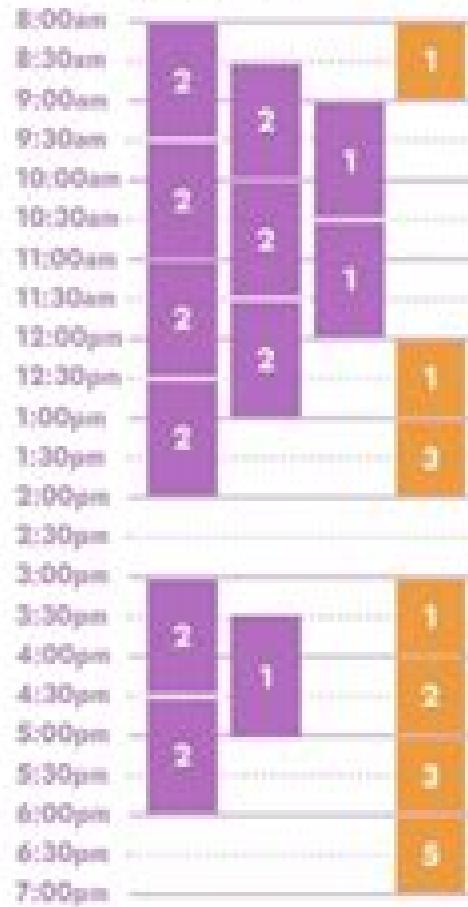


This chart shows the updated start times for all sessions at the studio. You can now book either 60 min or 90 min classes at the following times. You can also book either online, on the phone or in person.

SATURDAY



SUNDAY



KEY



The numbers inside each block show the maximum number of clients who can book that session.

Pilates At Home Update Store Hours

Karena Thek Lineback

Pilates At Home Update Store Hours:

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,2006 [Information Services Latin America](#) ,2007-07 [American Agriculturist](#) ,1908 [New York City 2002](#) Fodor's Travel Publications, Inc. Staff,2001-08-28 A traveler s guide to New York City containing itineraries maps prices phone numbers and detailed information on sites to see lodging dining and activities also includes a book and video list A Z travel tips and a pull out city map [The New York Times Index](#) ,1928 [Ladies' Home Journal](#) ,2008 [T. P.'s Weekly](#)
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