

Schedule for:
Free Virtual Pilates Classes

Tuesday, Jan 12	4PM-5PM	Pilates mat - all levels
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Wednesday, Jan 20	12PM-1PM	Pilates mat - all levels
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Tuesday, Jan 26	4PM-5PM	Pilates mat - all levels
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Wednesday, Feb 3	12PM-1PM	Pilates mat - all levels
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Tuesday, Feb 9	4PM-5PM	Pilates mat - all levels
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Wednesday, Feb 17	12PM-1PM	Pilates mat - all levels
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Email leladawson@shaw.ca to sign up with the date(s) you would like!
