



213 San Mateo Road, Suite 106-110,
Half Moon Bay, CA 94019
650.726.7200 www.studio4pilates.com

Group Class Schedule

Drop ins welcome! 90 min yoga classes are same rate as others.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am						Basic Mat	Yoga
9am	Small Barrel & Towel	Towel & Magic Circle	Towel & Magic Circle	Barre & Mat	Pilates Mat	Advanced Mat	Yoga Movement (8:30-10)
10am							
11am	Gentle Stretch Yoga	Feldenkrais					
12pm	(11-12:30)						
5pm		Pilates for Men (starts 2/22)	Roller Plus (starts 3/9)				
6pm	Wise Woman Yoga	Intermediate Mat	Dynamic Pilates	Powerhouse Pilates			
7pm	(6-7:30)			Foundatons of Yoga, Leve I-II (7-8:30)			

Equipment Class Schedule

(Reservations required, \$30-\$35 per class)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Early Bird Reformer		Early Bird Reformer				
7am							
8am							
9am			Intermediate Equipment		Equipment Essentials	Equipment Essentials	
10am	Ped-a-Pul			Advanced Equipment	Intermediate Equipment		
11am							
12pm			Intermediate Equipment				
5pm	Equipment Essentials		Intermediate Equipment	Intermediate Equipment			
6pm		Intermediate Equipment					
7pm							