



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	Intermediate
9am	Small Barrel & Towel	Towel & Magic Circle	Barre & Mat	Towel & Magic Circle	Roller, Floor & Mat	Advanced Mat	Yoga (8:30-10)
10am			Roller Plus				
11am	Gentle Stretch Yoga						
12pm	(11-12:30)	Feldenkrais					
5pm		Pilates for Men					
6pm	Wise Woman Yoga	Intermediate Mat	Fletcher Flow	Powerhouse Pilates			
7pm	(6-7:30)			Intermediate Yoga (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	Intermediate Equipment						
8am		Intermediate Equipment					
9am			Intermediate Equipment				
10am	Ped-a-Pul			Advanced Equipment	Intermediate Equipment		
11am						Intermediate Equipment	
12pm			Intermediate Equipment				
5pm	Equipment Essentials		Intermediate Equipment	Intermediate Equipment			
6pm		Intermediate Equipment					
7pm				Equipment Essentials			