



213 San Mateo Road, Suite 106-110,  
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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							