



Physical Therapy & Wellness Center

## CLASS SCHEDULE

### PORTSMOUTH

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
Monday	12:05pm- 12:55pm	Pilates Basics	Tina
Monday	5:30pm- 6:20pm	Pilates	Tina
Wednesday	5:30pm- 6:20pm	Pilates	Joanna

### BRENTWOOD

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
Monday	5:45pm- 6:45pm	Zumba/Cardio Dance	Mel

*Classes may be subject to change. All sessions must be prepaid for to receive the session rate. Number of classes vary by month. Call for further details.*