



GRASS ROOTS

pilates

Schedule

Grass Roots Pilates has many available time slots for scheduling Privates, Duets, Semi Privates, Group Classes, "Get Rooted" Intro Series and Master Class Series. Please don't hesitate to contact us if you would like to schedule something that you don't see on the current schedule below. This schedule shows the current standing weekly offerings for Semi Private Sessions and Group Classes.

We are looking to start or add: Advanced/Professional Dancer Class, Pre-Natal Class, Early Am Class Lunch Break Class and "Get Rooted" Intro Series. Let us know if you are interested in any of those or know someone who might be! You will see that some of these are on the sign-up sheet now and will begin with 2 sign ups. We are also open to different days and times!

Mondays

6:15am	Group Class Level I/II *
7:30am	Semi Private
8:30am	Semi Private
9:45am	Semi Private
11:00am	Private with Jennifer
1:00pm	Private with Nicole
4:15pm	Private with Jennifer
4:15pm	Semi Private

Tuesdays

8:30am	Semi Private
9:45am	Semi Private
11:00am	Semi Private*
11:00am	Private with Jennifer
12:15pm	Group Class Level II Jennifer

Wednesdays

6:15am	Group Class Level I/II*
7:30am	Semi Private
8:30am	Duet with Nicole
11:00am	Private with Nicole
12:15pm	Private with Nicole
4:15pm	Private with Jennifer
4:15pm	Semi Private
5:30pm	Group Class Level I/II Nicole

Thursdays

8:30am	Semi Private
9:45am	Semi Private
11:00am	Semi Private
12:15 pm	"Get Rooted" Intro Series*
4:10pm	Adv/Pro Dancer Class *
6:20pm	Group Class Level II with Nicole

Fridays

7:30am	Semi Private
8:30am	Semi Private
9:45am	Group Class Level I/II w/Nicole
11:00am	Private with Teana
12:30pm	Group Class Level II
1:30pm	Duet/Private

Saturdays

9:00am	"Get Rooted" Intro Series or Level I/II *
10:15am	Semi Private
11:30am	Group Class Level I/II Nicole & Jennifer alternating

Sundays

10:00am	Group Class Level II Nicole - Teana once per month
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STARTING SEPT 24th, 2021- 4 Week

[Pre-Natal Pilates Workshop w/ Teana.](#)

FRIDAYS 1:30-2:30pm \$120. Contact the office to reserve a spot. Limited to 5.

*Classes will begin with at least 2 enrolled