

# PILATES GROUP REMOTE CLASSES WITH ALYSSA

## MONDAY

pilates  
mat  
10a

## THURSDAY

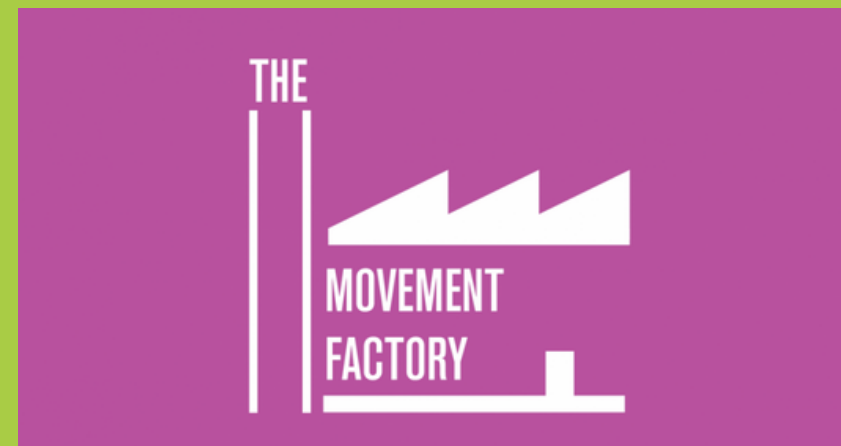
pilates mat  
ball & props  
6p

## FRIDAY

pilates mat  
ball & props  
12p

## SATURDAY

pilates mat  
9a



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