



Powerhouse Mat Schedule

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
M O R N I N G	LIMIT 6 PEOPLE \$15 Powerhouse Pilates clients & NRG Lab members \$18 drop-in						
						7:00 AM	
	11:00 AM			12:00 PM			
			7:00 PM				
E V E N I N G							