



# M2M Group Class Schedule 2021

LIMITED GROUP CLASS SCHEDULE DUE TO COVID-19 PROTOCOLS

Please contact the studio for additional small group options.

## **MONDAY**

5pm Contrology (Virtual)

6pm Fundamental Mat/Tower

## **TUESDAY**

7am PILATES Mat/Tower II

10am PILATES Mat/Tower II (Virtual)

5pm Contrology (Virtual)

## **WEDNESDAY**

10am Fundamental Mat/Tower

6pm PILATES Mat/Tower I

## **THURSDAY**

7am PILATES Mat/Tower II

10am PILATES Mat/Tower II

5pm Contrology (Virtual)

M2M Studio

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