



M2M Group Class Schedule 2025

MONDAY

10am Foundational Mat/Tower
6pm CONTROLOGY

TUESDAY

7am Mat/Tower
5pm Mat/Tower

WEDNESDAY

9am Mat/Tower 2
6pm Foundational Mat/Tower

THURSDAY

7am Mat/Tower
5pm Mat/Tower

FRIDAY / SATURDAY

- **Monthly workshops** for introduction to Joe Pilates' original apparatus and small equipment/accessories
Designed to help new students learn Joe Pilates' Method of CONTROLOGY and for serious students to build and advance a traditional Pilates practice

- **CONTROLOGY** workouts (with studio permission)

dates and times posted in studio

For experienced disciplined and committed students of Joe's original method

M2M Studio

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