



**Book Now!!**

**[www.laquintapilates.com](http://www.laquintapilates.com)**

**(760)777-7401**

**78065 Main St, Suite 203**

**La Quinta CA 92553**

| Monday                       | Tuesday                      | Wednesday                           | Thursday                     | Friday                    | Saturday                     |
|------------------------------|------------------------------|-------------------------------------|------------------------------|---------------------------|------------------------------|
| 7:30am<br>Reformer<br>by Eli | 7:30am<br>Reformer<br>by Eli | 8am Reformer<br>by Jen              | 7:30am<br>Reformer<br>by Eli | 8am<br>Reformer<br>by Eli | 8am<br>Reformer<br>by Staff  |
| 8:30am<br>Reformer<br>by Eli |                              | 9am Reformer<br>by Jen              |                              |                           | 9am<br>Reformer<br>by Staff  |
| 9:30am<br>Reformer<br>by Eli |                              | 10am Mat<br>by Eliezer              |                              |                           | 10am<br>Reformer<br>By Staff |
|                              |                              | 11am<br>Barre Fitness<br>by Eliezer |                              |                           |                              |

**Private Groups, Duos and one-on-one available upon request**

**★NEW TO OUR SCHEDULE★**

**In partnership with**



**Eliezer Rabelo Ballet Academy**

**What: Adult/Teen Ballet (16+)**

**By: Eliezer Rabelo**

**When: 6pm Monday**

**Text to (725)326-0116**

**Email to [eliezerrabelo028@gmail.com](mailto:eliezerrabelo028@gmail.com)**