

Pilates Essence Studio

612 S. Tejon St.
Colorado Springs, CO 80903

719.575.0585

2007 Class Rates and Schedule

Introductory Pilates Package: \$200

Includes evaluation and 3 private sessions. Required for all clients before entering group classes to learn fundamentals and principles of Pilates.

Mat Work (M) / Yoga Classes (Y)

Monthly Classes \$10/Class

Reformer Classes (R)

Monthly Classes \$20/Class

Private Session:

Single Session \$60
11 Sessions \$600

All classes are 1 hour in length and run month to month.

Weekly schedule as follows:

MON: 8:15am (R), 9:15am (R)
4:15pm (BEG R), 5:15pm (M)

TUES: 7:15am (M), 8:15am (R)

WED: 8:15am (R), 9:30 am(M)
4:15pm (R), 5:15pm (M)

THURS: 7:15am (M), 8:15am (Y)
5:15pm (BEG R)

FRI: 8:15am (R)

Call ahead for reservations

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