



\*Open Studio Sessions allow clients more flexibility in their schedule to attend in person or virtually. There is no need to book visits - you can arrive or join in online whenever you like, stay for as long as you like, learn new exercises, and observe.

Those who are new to KO Pilates must first take a Private session. **Intro Offer - 3 Private Sessions for \$199!** To schedule, visit [www.kopilates.com](http://www.kopilates.com), the studio or contact us at (559) 389-1694 or [info@kopilates.com](mailto:info@kopilates.com). If there is a time that you prefer and do not see as available below, please contact the studio and we can work to find a time that fits our schedules.

8/5-8/10/24

Schedule	Monday 8/5	Tuesday 8/6	Wednesday 8/7	Thursday 8/8	Friday 8/9	Saturday 8/10
						8:00 am - 10:00 am open studio
	10:00 am - 12:00 pm open studio				10:00 am - 11:00 am open studio	10 am Private Available
		11:00 am - 1:00 pm open studio		11:00 am - 1:00 pm open studio		
				2 pm Private Available		
				3 pm Private Available		
		4 pm Private Available				
		5:00 pm - 6:30 pm open studio		5:00 pm - 6:30 pm open studio		

*I will close 30 minutes prior to the end of the block of time if no one is present. What this means is that you need to arrive at the studio in person or log in virtually before the last half hour of each time block to get your workout in.*