SOCO MOVEMENT ARTS

MOVEMENT | PERFORMANCE | EDUCATION

SCHEDULE

as of 1.6.26

Group Reformer

Monday - 8:30 am with Steve (Pilates)

Tuesday - 7:30 am with Mary-Beth (Pilates)

Tuesday - 4:00 pm with Deb (Pilates)

Tuesday - 5:00 pm with Deb (Pilates)

Tuesday - 6:00 pm with Meesh (Pilates)

Wednesday - 7:30 am with Mary-Beth (Pilates)

Wednesday - 4:45 pm with Lulu (Pilates)

Thursday - 7:30 am with Lulu (Pilates)

Thursday - 5:45 pm with Deb (Pilates)

Friday - 6:30 am with Deb (Pilates)

Friday - 4:00 pm with Amanda (Pilates)

Saturday - 8:00 am with Lulu (Pilates)

Sunday - 8:00 am with Lori (Pilates)

Ballet

Monday - 4:00 pm with Steve (Dance)

Contemporary Modern

Monday - 5:00 pm with Steve (Dance)

Mat Pilates

Tuesday - 6:00 pm with Deb (Pilates)

Wednesday - 5:45 pm with Lulu (Pilates)

Thursday - 6:45 pm with Deb (Pilates)

Friday - 7:30 am with Deb (Pilates)

Saturday - 9:00 am with Lulu (Pilates)

JUMP!

Tuesday - 6:45 am with Mary-Beth (Pilates)

Wednesday - 6:45 am with Mary-Beth (Pilates)

Saturday - 7:25 am with Lulu (Pilates)

Sunday - 9:00 am with Lori (Pilates)

Pilates Fusion

Saturday - 10:00 am with Bethany

201 Popes Island, New Bedford, MA 02740

774-328-8783

info@SoCoMovementArts.com