

PILATES & POSSIBILITY

PAMELA FRANCO | Certified Instruction in the Authentic Pilates Method™

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING		6:30 am Sunrise Tower Mat		6:30 am Sunrise Tower Mat		
AFTERNOON	12:30 pm Tower Mat Class				12:30 pm Tower Mat Class	
EVENING	6 pm Tower Mat Class			5:30 pm Tower Mat Class		

CLASSES BY APPOINTMENT • CALL 805 746 0056 OR VISIT WWW.PILATESANDPOSSIBILITY.COM FOR MORE INFO • 1455 E. MAIN STREET VENTURA, CA. 93001