

AMELI TRAINING

Pilates Body Fitness Schedule

Concord's Fastest
Fitness Formula for a
Toned Body You'll Love

Pilates Body Bootcamp

Monday – Friday 6am, 7am
Monday – Thursday 6:30pm

Pilates Body Barre

Tuesday – 8:30, 9:30, 10:30
Wednesday – 8:30am, 6:30pm
Friday – 8:30, 10:30

Phone 925.405.6599
E-mail info@amelitraining.com

AMELI TRAINING

Pilates Body Fitness Schedule

Concord's Fastest
Fitness Formula for a
Toned Body You'll Love

Pilates Body Bootcamp

Monday – Friday 6am, 7am
Monday – Thursday 6:30pm

Pilates Body Barre

Tuesday – 8:30, 9:30, 10:30
Wednesday – 8:30am, 6:30pm
Friday – 8:30, 10:30

Phone 925.405.6599
E-mail info@amelitraining.com

AMELI TRAINING

Pilates Body Fitness Schedule

Concord's Fastest
Fitness Formula for a
Toned Body You'll Love

Pilates Body Bootcamp

Monday – Friday 6am, 7am
Monday – Thursday 6:30pm

Pilates Body Barre

Tuesday – 8:30, 9:30, 10:30
Wednesday – 8:30am, 6:30pm
Friday – 8:30, 10:30

Phone 925.405.6599
E-mail info@amelitraining.com