



Group Class Schedule

MONDAY January 9, 2012 - SUNDAY April 1, 2012
Studio closed on: February 20, 2012 for Family Day

Drop in clients are welcome however please call ahead to ensure availability for the class of your choice.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Pilates Mat with Props 9:30AM - 10:25AM (55 Minutes) Intermediate / Advanced			TREAT FRIDAY 9:15AM - 10:10AM (55 Minutes) Advanced	WAKE UP SATURDAY 9:00AM - 9:55AM (55 Minutes) All Levels	Surprise SUNDAY 9:00AM - 9:55AM (55 Minutes) All Levels
Studio Hours 6:00AM - 8:00PM	Studio Hours 6:00AM - 8:00PM	Studio Hours 8:00AM - 8:00PM	Studio Hours 6:00AM - 8:00PM	Studio Hours 6:00AM - 4:00PM	Studio Hours 8:00AM - 12:00PM	Studio Hours 8:00AM - 12:00PM
		Pilates Mat with Props 4:30PM - 5:25PM (55 Minutes) Beginner / Intermediate				
PILATES BARRE 7:00PM - 7:55PM (55 Minutes) ALL Levels	Pilates Mat with Props 6:30PM - 7:25PM (55 Minutes) ALL Levels		SLIMDOWN 7:00PM - 7:55PM (55 Minutes) All Levels			