



Pilates Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Powerhouse Mat 7:30 AM Kim	
	Dare to Chair 11:00 AM Amy	Reform Your Body 10:00 AM Amy	Dare to Chair 11:30 Kim	Reform Your Body 8:30 AM Jacqui		
1/2 Hour Pwr Tower 10:30 AM Kim				1/2 Hr. Pwr. Tower 9:00 AM Jacqui	Reform Your Body 8:30 AM Kim	Reform Your Body 9:30 AM Lisa
			Powerhouse Mat 12:00 Kim		1/2 Hr. Pwr. Tower 9:00 AM Kim	1/2 Hr. Pwr. Tower 10:00 Lisa
Powerhouse Mat 11:00 AM Kim				Dare to Chair 9:30 AM Jacqui		
	Reform Your Body 7:15 PM Lisa	1/2 Hour Pwr Tower 6:00 PM Kim	Powerhouse Mat <i>(Beginner)</i> 4:00 PM Krista		Dare to Chair 9:30 AM Kim	
	Powerhouse Mat <i>(Beginner)</i> 7:45 PM Lisa	Reform Your Body 6:30 PM Kim				
		Powerhouse Mat 7:00 PM Kim				