



# Pilates Schedule

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