



# Pilates Class Schedule

## Monday

	9:00 am	Mat	Level I	Cheree
	11:00 am	Reformer	Level I	Cheree
<b>*NEW*</b>	<b>12:00 pm</b>	<b>Reformer</b>	<b>Level I</b>	<b>Cheree</b>
	4:00 pm	Reformer	Level II/III	Cheree
	5:30 pm	Reformer	Level I	Matty

## Tuesday

	8:30 am		Reformer	Level I	Kristin
	10:00 am	Reformer	Level II	Kim	
<b>*NEW*</b>	<b>10:00 am</b>	<b>Mat, On-the-Ball</b>	<b>Level I/II</b>	<b>Kristin (Classrm 2)</b>	
	11:00 am	Reformer	Level II	Kim	
	4:00 pm		Reformer	Level I/II	Kim
	5:30 pm		Mat	Level II/III	Kim

## Wednesday

	9:00 am		Mat	Gentle	Sheri
<b>*NEW*</b>	<b>12:00 pm</b>	<b>Reformer</b>	<b>Intro</b>	<b>Sheri</b>	
	4:00 pm		Reformer	Level II	Matty
	5:30 pm		Mat	Level I/II	Matty

## Thursday

	9:00 am		Reformer	Level I	Kim
	10:00 am	Reformer	Level I	Kim	
<b>*NEW*</b>	<b>10:00 am</b>	<b>Mat with Props</b>	<b>Level I/II</b>	<b>Matty (Classrm 2)</b>	
	11:00 am	Reformer	Level II	Kim	
	4:00 pm	Reformer	Level II	Kim	
<b>*NEW*</b>	<b>5:30 pm</b>	<b>Reformer "Flow"</b>	<b>Level II/III</b>	<b>Karen</b>	
		(starts 1/5/12)			

## Friday

	9:00 am		Combo	Level II	Matty
	10:30 am	Mat	Level I/II	Matty	
	12:00 pm	Reformer	Level III	Cheree	

## Saturday

	9:00 am		Reformer	Level I/II	Cheree
	10:30 am	Reformer	Level II	Cheree	

### Class Level Descriptions

= Fundamental ~ Level I = Beginning ~ Level II = Intermediate ~ Level III = Advanced

Gentle/Intro