

# WINTER PILATES SCHEDULE

2010

January 18-April 2

	MONDAY	TUES	WEDNESDAY	THURS	FRIDAY
8:30 AM	Pilates  Kari/Tiff		Pilates  Kari/Tiff		Pilates  Kari/Tiff
9:45- 10:15 AM	Pilates on Weights		Pilates on Weights		Pilates on Weights
12:10- 12:50 PM		Pilates  Tiff		Pilates  Tiff	
5:30 PM	Reformed Mat  Tiff	Yoga  Jane	Pilates  Tiff	Yoga  Jane	