

# 2018 Winter Session *Group Class Schedule*

Jan. 6, 2018- Mar. 29, 2018  
*Beginner/ Intermediate/ Advanced /Multi Level*



<i>Pilates Mat + Specialty</i>			<i>Pilates Equipment</i>		
Mon.	9:00 AM 6:50 PM	Body Rolling with Hanna Somatics(Kelly) Body Rolling with Hanna Somatics (Kim)	Mon.	10:00 AM 11:00 AM 5:45 PM	EQ II ( Kelly ) Open Studio Training ( Kelly ) EQ II ( Kim )
Tues.	9:00 AM	Buff Bones® II ( Kelly )	Tues.	8:00AM 10:00AM 2:00PM 5:45 PM 6:50 PM	Open Studio Training ( Kelly ) EQ II ( Kim ) Rejuv. EQ I/II ( Kim )** EQ II ( Lorraine ) EQ II/III ( Lorraine )
Wed.	7:55 PM	Hanna Somatics -Moving Meditation (Kelly)	Wed.	9:00 AM 10:00AM 11:00 AM 5:45PM 6:50 PM	EQ II/III ( Lorraine ) EQ I ( Lorraine ) EQ I/II ( Lorraine )** Buff Bones EQ II( Kelly ) EQ I/II (Kelly)**
Thurs.	9:00 AM 11:00 AM	Movement Medley with Props (Kim) Mat -Rejuvenating ( Kim )	Thurs.	10:00 AM 5:00PM 6:00PM 7:05PM	EQ II ( Kim ) Open Space Training ( Kim ) EQ I (Cyndy ) EQ II (Cyndy )
Fri.			Fri.	8:55 AM 10:00 AM 11:05 AM	EQ II ( Lorraine ) EQ II ( Lorraine ) EQ I/II (Lorraine)**
Sat.	9:05 AM	Pilates Mat with Props (Angie/Cyndy )	Sat.	8:00 AM 10:10 AM	EQ II (Angie/Cyndy) EQ I/II (Angie/Cyndy)**

\*\* EQ I/II classes; please attend a minimum of 8 EQ I classes prior to attending or get instructor permission \*\*

*Please see website for most up to-date schedule*

2017 fall schedule.docx updated on: November-8-17