

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