

# 2019 Winter Session *Group Class Schedule*

Sat Jan 5, 2019- Fri Mar 29, 2019  
 Beginner/ Intermediate/ Advanced /Multi Level



Pilates Mat + Specialty			Pilates Equipment		
Mon.	9:00 AM  6:55 PM 7:55 PM	Mat Pilates with Body Rolling (Kelly)  Hanna Somatics Movement (Kim) Hanna Somatics Movement ( Kim )	Mon.	10:00 AM 11:00 AM  5:55 PM	EQ II ( Kelly ) Open Studio Training ( Kelly )  EQ II ( Kim )
Tues.	9:00 AM	Buff Bones® II ( Kelly )	Tues.	8:00AM 10:00 AM  2:00 PM 5:55 PM 7:00 PM	Open Studio Training ( Kelly ) EQ II (Kim)  Rejuv. EQ II ( Kim )** EQ II ( Lorraine ) EQ II/III ( Lorraine )
Wed.	7:55pm	Hanna Somatics Movement (Kelly)	Wed.	9:00 AM 10:00 AM 11:00 AM  5:45 PM 6:50 PM	EQ II/III ( Lorraine ) EQ I ( Lorraine ) EQ I/II ( Lorraine )**  Buff Bones EQ I/II( Kelly ) Rejuv. EQ II (Kelly)**
Thurs.	9:00 AM 11:00 AM	Hanna Somatics Movement (Kim) Mat – Core Essentials Rejuvenating- Kim	Thurs.	10:00 AM  5:30 PM 6:30 PM 7:30 PM	EQ II/III ( Kim )  Open Space Training ( Kim ) EQ II (Cyndy ) EQ I ( Cyndy )
Fri.			Fri.	8:55 AM 10:00 AM 11:05 AM	EQ II/III ( 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

2018 fall schedule.docx updated on: November-1-18