

2018 Summer Session *Group Class Schedule*

Tues. July 3, 2018- Fri- Aug 31, 2018

Beginner / Intermediate / Advanced / Multi Level



<i>Pilates Mat + Specialty</i>			<i>Pilates Equipment</i>		
Mon.	9:00 AM 7:00 PM	Yamuna Body Rolling (Kelly) Body Rolling with Hanna Somatics (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 I/II (Kim)** EQ II (Lorraine) EQ II/III (Lorraine)
Wed.	1:00 PM 7:55 PM	Core Essentials- Beginner 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 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	EQ II (Kim) Open Space Training (Kim) 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)	Sat.	8:00 AM 10:10 AM	EQ II (Angie) EQ I/II (Angie)**

** 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