

2019 Spring Session *Group Class Schedule*

Sat. March 30, 2019- Fri. June 28, 2019

Beginner/ Intermediate/ Advanced /Multi Level



Pilates Mat + Specialty			Pilates Equipment		
Mon.	9:30 AM 6:55 PM	Buff Bones® II (Kelly) Essential Somatics Movement (Kim)	Mon.	10:30 AM 11:30 AM 5:55 PM	EQ II (Kelly) Open Studio Training (Kelly) EQ II (Kim)
Tues.	9:00 AM	Mat Pilates with Body Rolling (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.	12:00 PM 7:55 PM	Mat Pilates/ Core Essentials (Beginner) (Lorraine) Essential Somatics Movement (Kelly)	Wed.	9:30 AM 10:30 AM 5:45 PM 6:50 PM	EQ II/III (Lorraine) EQ I/II (Lorraine)** Buff Bones EQ I/II(Kelly) Rejuv. EQ II (Kelly)**
Thurs.	9:00 AM 11:00 AM	Essential 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

2019 Spring schedule.docx updated on: March-4-19