

The Pilates Connection
Group Class Schedule Effective June 1, 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM						
7:30 AM						
8:00 AM						Mve Chair (Julia)
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM	Roller Pilates (Julia)		Core Strength / Ball (Julia)		Begin. Zumba (Ruth Anne)	Pilates Interval Training 75 min (Julia)
10:30 AM						
11:00 AM	Reformer (Michele)					
11:30 AM						
12:00 PM						
12:30 PM			Reformer (Michele)			
1:00 PM	Reformer (Julia)					
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM		<i>Weigh In & Nutrition</i>		Pilates Mat (Julia)		
6:00 PM	Pilates / Ball (Michele)	Cardio / Pilates (Julia)	Reformer (Julia)			
6:30 PM				<i>Weigh In & Nutrition</i>		
7:00 PM	Reformer (Charlotte)	Reformer (Patty)				
7:30 PM						
8:00 PM						
8:30 PM						