

Pilates June 2018 Group Equipment Workout Schedule

Monday 6/04~ 6/11 6/18~ 6/25	Tuesday 6/05 ~ 6/12 6/19 ~ 6/26	Wednesday 6/06~ 6/13 6/20 ~ 6/27	Thursday 6/07~ 6/14 6/21 ~ 6/28	Friday 6/01 ~ 6/08 6/15 ~ 6/22 ~ 6/29	Saturday 6/02 ~ 6/09 6/16 ~ 6/23 ~ 6/30
<p>9:00 Pilates Props S-Kathleen</p> <p>10:00 Pilates APPARATUS N-Jodi</p> <p>10:30 REFORMER S-Anne O</p> <p>5:30 REFORMER S-Anne</p>	<p>5:30 REFORMER N-Linda</p>	<p>5:30 REFORMER S-Sharon</p> <p>9:15 Pilates APPARATUS N-Anne</p> <p>10:00 REFORMER S-Linda</p> <p>11:30 Pilates APPARATUS N-Sharon</p> <p>5:30 REFORMER N-Linda</p>	<p>8:30 REFORMER S-Lori</p> <p>10:00 Pilates APPARATUS N-Jodi</p> <p>10:30 REFORMER S-Sharon</p>	<p>8:00 REFORMER S-Sharon</p> <p>11:00 REFORMER N-Linda</p> <p>12:30 REFORMER S-Anne</p> <p>1:30 REFORMER N-Dan</p>	<p>10:00 REFORMER S-Libby</p>
					<p>Sunday 6/03 ~ 6/10 6/17~ 6/24</p>
					<p>10:00 REFORMER N-Dan</p> <p>12:30 REFORMER S-Sharon</p>

Purchase 1-5 Sessions \$31 per session

Purchase 6+ Sessions \$28 per session

See Pilates Brochure for format details

For additional information contact --- Kathleen@prairielife.com

402-691-8546

55 minute Workouts ~ Reserve your space in class at Courtesy Services