

Pilates November 2017 Group Equipment Workout Schedule

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