

Pilates July 2018 Group Equipment Workout Schedule

Monday 7/02~ 7/09 7/16~ 7/23 ~ 7/30	Tuesday 7/03 ~ 7/10 7/17 ~ 7/24 ~ 7/31	Wednesday 7/11 7/18 ~ 7/25	Thursday 7/05~ 7/12 7/19 ~ 7/26	Friday 7/06 ~ 7/13 7/20 ~ 7/27	Saturday 7/07 ~ 7/14 7/21 ~ 7/28
<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 7/01 ~ 7/08 7/15~ 7/22 ~ 7/29</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 --- Sharon at slewis@prairielife.com

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