

Pilates October 2017 Group Equipment Workout Schedule

Monday 10/02 ~ 10/09 10/16 ~ 10/23 ~ 10/30	Tuesday 10/03 ~ 10/10 10/17 ~ 10/24 ~ 10/31	Wednesday 10/04 ~ 10/11 10/18 ~ 10/25	Thursday 10/05 ~ 10/12 10/19 ~ 10/26	Friday 10/06 ~ 10/13 10/20 ~ 10/27	Saturday 10/07 ~ 10/14 10/21 ~ 10/28
<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>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>5:30 REFORMER S-Raider</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 REFORMER S-Sharon</p> <p>11:00 REFORMER N-Linda</p> <p>12:30 REFORMER S-Anne</p>	<p>11:00 REFORMER S-Aleta</p>
					<p>Sunday 10/01 ~ 10/08 10/15 ~ 10/22 ~ 10/29</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

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