

# Pilates March 2018 Group Equipment Workout Schedule

<u>Monday</u> 3/05 ~ 3/12 3/19 ~ 3/26	<u>Tuesday</u> 3/06 ~ 3/13 3/20 ~ 3/27	<u>Wednesday</u> 3/07 ~ 3/14 3/21 ~ 3/28	<u>Thursday</u> 3/01 ~ 3/08 3/15 ~ 3/22 ~ 3/29	<u>Friday</u> 3/02 ~ 3/09 3/16 ~ 3/23 ~ 3/30	<u>Saturday</u> 3/03 ~ 3/10 3/17 ~ 3/24 ~ 3/31
<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>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> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>Sunday</b> 3/04 ~ 3/11 3/18 ~ 3/25</p> </div> <p>12:00 REFORMER S-Sharon</p> <p>1:00 REFORMER N-Libby</p>