

Pilates September 2017 Group Equipment Workout Schedule

<u>Monday</u> 9/04 ~ 9/11 9/18 ~ 9/25	<u>Tuesday</u> 9/05 ~ 9/12 9/19 ~ 9/26	<u>Wednesday</u> 9/06 ~ 9/13 9/20 ~ 9/27	<u>Thursday</u> 9/07 ~ 9/14 9/21 ~ 9/28	<u>Friday</u> 9/01 ~ 9/08 9/15 ~ 9/22 ~ 9/29	<u>Saturday</u> 9/02 ~ 9/09 9/16 ~ 9/23 ~ 9/30
<p>9:00 Pilates Props S-Kathleen</p> <p>10:00 Pilates APPARATUS N-Jodi</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> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p><u>Sunday</u> 9/03 ~ 9/10 9/17 ~ 9/24</p> </div> <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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