

Pilates April 2019 Group Equipment Workout Schedule

Monday 4/01 ~ 4/08 4/15 ~ 4/22 ~ 4/29	Tuesday 4/02 ~ 4/09 4/16 ~ 4/23 ~ 4/30	Wednesday 4/03 ~ 4/10 4/17 ~ 4/24	Thursday 4/04 ~ 4/11 4/18 ~ 4/25	Friday 4/05 ~ 4/12 4/19 ~ 4/26	Saturday 4/06 ~ 4/13 4/20 ~ 4/27
9:00 REFORMER S-Sharon 10:00 Pilates APPARATUS N-Jodi 10:30 REFORMER S-Anne O 5:30 REFORMER S-Anne 6:30 REFORMER	 5:30 REFORMER N-Linda	5:30 REFORMER S-Sharon 9:15 Pilates APPARATUS N-Anne 10:00 REFORMER S-Linda 11:30 Pilates APPARATUS N-Sharon 5:30 REFORMER N-Linda 5:30 REFORMER S-Mis	8:30 REFORMER S-Lori 10:00 Pilates APPARATUS N-Jodi 12:30 REFORMER S-Sharon 6:00 REFORMER S-Mis	8:00 Pilates Props S-Sharon 10:30 REFORMER S-Anne 11:00 REFORMER N-Linda 12:30 REFORMER S-Anne	 Sunday 4/07 ~ 4/14 4/21 ~ 4/28 12:00 REFORMER S-Sharon

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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