

Spring Studio Schedule: April to June 2017

Monday		Tuesday		Wednesday		Friday				Saturday	
7:30	Class with Betty	8:00		7:30		7:30		7:30			
8:30	Class with Betty	9:30		8:30		8:30		8:30	Class with Betty FULL		
9:30	Class with Janet			9:30	Class with Janet FULL	10:00		10:00	Class with Betty FULL		
10:30	Led Class with Janet – Gentle Pilates FULL	11:00		10:30		11:00		11:00	Class with Betty		
11:30		12:00		11:30	Class with Janet FULL	12:00		12:00			
12:00		1:00		1:00		1:00		1:00			
1:00	Class with Betty FULL	2:00		2:00		2:00		2:00			
2:00		3:00		3:00	Class with Betty FULL	3:00		3:00			
3:00	Class with Betty FULL	4:30	Class with Betty FULL	4:00		4:00		4:00			
		5:00		5:00	*Open/Led Class with Monique – Gentle Pilates	5:00	Class with Monique FULL	5:00			
		6:00	Led Class with Janet FULL	6:15	**Intro Led Class with Monique	6:15	Intermediate Led Class with Monique	6:00			

*Gentle Class begins April 26th

**Led Class begins May 3rd