

## Fall Studio Schedule: September to December 2017

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
7:30	Class with Betty FULL	8:00		7:30		7:30		7:30			
8:30	Class with Betty	9:00		8:30		8:30		8:30	Class with Betty FULL		
9:30	Class with Janet FULL	10:00		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 FULL		
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	2:00		2:00	Class with Betty	2:00		2:00			
2:00		3:00		3:00	Intermediate Led Class with Betty	3:00		3:00			
3:00	Class with Betty FULL	4:00	Semi-private – Peggy/Gentle Class w. Monique (Nov)	4:00		4:00		4:00			
		5:00	Essential Level Led Class with Monique	5:00		5:00	Class with Monique FULL	5:00			
		6:00	Intermediate Led Class *Janet/ Monique FULL	6:15		6:15	Intermediate Led Class with Monique	6:00			

\*Janet teaching this class in September

NOTE: While many classes may appear to be full (four regular participants), spots are often available for make-up or additional classes – check with the instructor for the class.