

January/February 2018 Schedule

Monday		Tuesday		Wednesday		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	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 FULL	2:00		2:00	Class with Betty	2:00		2:00			
2:00		3:00		3:00	Led Class with Betty - Intermediate	3:00		3:00			
3:00	Class with Betty FULL	4:00	Class with Monique	4:00		4:00	Class with Monique	4:00	Class with Peggy		
		5:00	Led Class with Monique – Intermediate/ Essential Level	5:00		5:00	Class with Monique FULL	5:00			
		6:00	Led Class w. Monique - Intermediate	6:15		6:15	Led Class with Monique - Intermediate	6:00			

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. .