

## Pilates Schedule – September 2010

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>30</b> 8:30am Reformer 2 – DY 10:00am Mat 2 – DY 5:30PM - Reformer 1 CT 6:30PM – Mat 1 –CT	<b>31</b> Personal Training	<b>1</b> 8:00am Reformer 2 -DY 9:00am Reformer 1 – DY 10:00am Mat 2 – DY 5:30PM - Reformer 1 -CT 6:30PM – Mat 1 –CT	<b>2</b> 11:00am Reformer 2 – DY 12:00pm Reformer 3 – DY	<b>3</b> No Classes
<b>6</b> LABOR DAY (CLOSED)	<b>7</b> Personal Training	<b>8</b> 8:00am Reformer 2 -DY 9:00am Reformer 1 – DY 10:00am Mat 2 – DY 5:30PM - Reformer 1 -CT 6:30PM – Mat 1 –CT	<b>9</b> 11:00am Reformer 2 – DY 12:00pm Reformer 3 – DY	<b>10</b> No Classes
<b>13</b> 8:30am Reformer 2 – DY 10:00am Mat 2 – CT 5:30PM - Reformer 1 CT 6:30PM – Mat 1 –CT	<b>14</b> Personal Training	<b>15</b> 8:00am Reformer 2 -DY 9:00am Reformer 1 – DY 10:00am Mat 2 – DY 5:30PM - Reformer 1 -CT 6:30PM – Mat 1 –CT	<b>16</b> 11:00am Reformer 2 – DY 12:00pm Reformer 3 – DY	<b>17</b> No Classes
<b>20</b> 8:30am Reformer 2 – DY 10:00am Mat 2 – DY 5:30PM - Reformer 1 CT 6:30PM – Mat 1 –CT	<b>21</b> Personal Training	<b>22</b> 8:00am Reformer 2 -DY 9:00am Reformer 1 – DY 10:00am Mat 2 – DY 5:30PM - Reformer 1 -CT 6:30PM – Mat 1 –CT	<b>23</b> 11:00am Reformer 2 – DY 12:00pm Reformer 3 – DY	<b>24</b> No Classes
<b>27</b> 8:30am Reformer 2 – DY 10:00am Mat 2 – DY 5:30PM - Reformer 1 CT 6:30PM – Mat 1 –CT	<b>28</b> Personal Training	<b>29</b> 8:00am Reformer 2 -DY 9:00am Reformer 1 – DY 10:00am Mat 2 – DY 5:30PM - Reformer 1 -CT 6:30PM – Mat 1 –CT	<b>30</b> 11:00am Reformer 2 – DY 12:00pm Reformer 3 – DY	<b>Instructors</b> Deborah Yackel – DY  Carol Tennant - CT