

Pilates Schedule – October 2011

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00am Mat 2 – DY 5:30PM - Reformer/Tower CT 6:30PM – Mat 1 –CT	4 Personal Training Classes 11:00AM - Reformer/Tower - DY	5 8:00am Reformer/Tower DY 9:00am Reformer/Tower DY 10:00am Mat 2 – DY 5:30PM - Reformer / Tower- CT 6:30PM – Mat 1 –CT	6 Personal Training Classes 11:00am Reformer/Tower-DY 12:00pm Reformer Intro-DY	7 No Classes
10 10:00am Mat 2 – DY 5:30PM - Reformer/Tower CT 6:30PM – Mat 1 –CT	11 Personal Training Classes 11:00AM - Reformer/Tower - DY	12 8:00am Reformer/Tower DY 9:00am Reformer/Tower DY 10:00am Mat 2 – DY 5:30PM - Reformer / Tower- CT 6:30PM – Mat 1 –CT	13 Personal Training Classes 11:00am Reformer/Tower-DY 12:00pm Reformer Intro-DY	14 No Classes
17 10:00am Mat 2 – DY 5:30PM - Reformer/Tower CT 6:30PM – Mat 1 –CT	18 Personal Training Classes 11:00AM - Reformer/Tower - DY	19 8:00am Reformer/Tower DY 9:00am Reformer/Tower DY 10:00am Mat 2 – DY 5:30PM - Reformer / Tower- CT 6:30PM – Mat 1 –CT	20 Personal Training Classes 11:00am Reformer/Tower-DY 12:00pm Reformer Intro-DY	21 No Classes
24 10:00am Mat 2 – DY 5:30PM - Reformer/Tower CT 6:30PM – Mat 1 –CT	25 Personal Training Classes 11:00AM - Reformer/Tower - DY	26 8:00am Reformer/Tower DY 9:00am Reformer/Tower DY 10:00am Mat 2 – DY 5:30PM - Reformer / Tower- CT 6:30PM – Mat 1 –CT	27 Personal Training Classes 11:00am Reformer/Tower-DY 12:00pm Reformer Intro-DY	28 No Classes
31 10:00am Mat 2 – DY 5:30PM - Reformer/Tower CT 6:30PM – Mat 1 –CT	1 Personal Training Classes 11:00AM - Reformer/Tower - DY	2 8:00am Reformer/Tower DY 9:00am Reformer/Tower DY 10:00am Mat 2 – DY 5:30PM - Reformer / Tower- CT 6:30PM – Mat 1 –CT	3 Personal Training Classes 11:00am Reformer/Tower-DY 12:00pm Reformer Intro-DY	Instructors Deborah Yackel – DY Carol Tennant - CT