

# PILATES SCHEDULE (Effective 01.23.2012)

## Classical Pilates

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
8:30am		Tower level II		Reformer / Tower			
9.00am	Reformer level II				Pilates for Men		
10.00am		Pilates Circuit	Reformer / Tower	Pilates Circuit	Pilates Circuit		
12.00pm	Reformer level I						
2.00pm				Reformer level I			

## MVe Chair Pilates

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
6.00am				MVe Chair ADRIAN			
9.15am				MVe Chair ADRIAN			
10.15am	MVe Chair MARITA		MVe Chair ADRIAN				
11.15am					MVe Chair MARITA		
6.30pm		MVe Chair ADRIAN					