




# August 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 6.30 Ess/Int "Chair Dance" 8.30 Int 1 "Pilates Stew" 9.30 Ess/Int "911-Core" 10.30 I/A Moni's "Muscle Mix" 5.30 "Teen Terrors" 6.30 Ess/Int "Chairholics" 6.30 E/I "Kick A***CadMat	3 6.30 Ess/Int Group Fun 8.30 E/I "Moni's Muscle Mix" 9.30 Int 1 "Core Balance" 11.30 Int Mat & Chair 6.30 Ess/Int "3 Musketeers"	4 6.30 Ess/Int "Chairholics" 8.30 Int. 1&2 "Death By 9.30" 9.30 E/I "Upper Body Hottie" 10.30 Adv. "Non-Stop Pilates"	5 6.30 Ess/Int "3 Musketeers" 8.30 E/I Reformer on "Roids" 9.30 Int 1 "Moni's Muscle Mix" 11.30 Int/Adv "Chair du Soleil"	6 8.30 Int/Adv "Death By 9.30" 9.30 E/I "Romeo & Juliette" 9.30 Int "Chairholics"	7 9.30 E/I Pilates "Unleashed"	1/8 No Classes 
9 6.30 Ess/Int "Chair Dance" 8.30 Int 1 "Pilates Stew" 9.30 Ess/Int "Core on Fire" 10.30 I/A Moni's "Muscle Mix" 5.30 "Teen Terrors" 6.30 Ess/Int "Chairholics" 6.30 E/I "Kick A***CadMat	10 6.30 Ess/Int Group Fun 8.30 E/I "Moni's Muscle Mix" 9.30 Int 1 "Tough Stuff" 11.30 Int Mat & Chair 6.30 Ess/Int "3 Musketeers"	11 6.30 Ess/Int "Chairholics" 8.30 Int. 1&2 "Death By 9.30" 9.30 Ess/Int "3 Musketeers" 10.30 Adv. "Non-Stop Pilates"	12 6.30 Ess/Int "3 Musketeers" 8.30 E/I "Kick A***CadMat" 9.30 Int 1 "Moni's Muscle Mix" 11.30 Int/Adv "Chair du Soleil"	13 8.30 Int/Adv "Death By 9.30" 9.30 E/I "Butts & Gutts" 9.30 Int "Chairholics"	14 9.30 E/I Pilates "Unleashed"	15 No Classes 
16 6.30 Ess/Int "Chair Dance" 8.30 Int 1 "Pilates Stew" 9.30 Ess/Int "911-Core" 10.30 I/A Moni's "Muscle Mix" 5.30 "Teen Terrors" 6.30 Ess/Int "Chairholics" 6.30 E/I "Kick A***CadMat	17 6.30 Ess/Int Group Fun 8.30 E/I "Moni's Muscle Mix" 9.30 Int 1 "Core Balance" 11.30 Int Mat & Chair 6.30 Ess/Int "3 Musketeers"	18 6.30 Ess/Int "Chairholics" 8.30 Int. 1&2 "Death By 9.30" 9.30 E/I "Upper Body Hottie" 10.30 Adv. "Non-Stop Pilates"	19 6.30 Ess/Int "3 Musketeers" 8.30 E/I Reformer on "Roids" 9.30 Int 1 "Moni's Muscle Mix" 11.30 Int/Adv "Chair du Soleil"	20 8.30 Int/Adv "Death By 9.30" 9.30 E/I "Romeo & Juliette" 9.30 Int "Chairholics"	21 9.30 E/I Pilates "Unleashed"	22 No Classes 
23 6.30 Ess/Int "Chair Dance" 8.30 Int 1 "Pilates Stew" 9.30 Ess/Int "Core on Fire" 10.30 I/A Moni's "Muscle Mix" 5.30 "Teen Terrors" 6.30 Ess/Int "Chairholics" 6.30 E/I "Kick A***CadMat	24 6.30 Ess/Int Group Fun 8.30 E/I "Moni's Muscle Mix" 9.30 Int 1 "Tough Stuff" 11.30 Int Mat & Chair 6.30 Ess/Int "3 Musketeers"	25 6.30 Ess/Int "Chairholics" 8.30 Int. 1&2 "Death By 9.30" 9.30 Ess/Int "3 Musketeers" 10.30 Adv. "Non-Stop Pilates"	26 6.30 Ess/Int "3 Musketeers" 8.30 E/I "Kick A***CadMat" 9.30 Int 1 "Moni's Muscle Mix" 11.30 Int/Adv "Chair du Soleil"	27 8.30 Int/Adv "Death By 9.30" 9.30 E/I "Butts & Gutts" 9.30 Int "Chairholics"	28 9.30 E/I Pilates "Unleashed"	29 No Classes 
30 6.30 Ess/Int "Chair Dance" 8.30 Int 1 "Pilates Stew" 9.30 Ess/Int "911-Core" 10.30 I/A Moni's "Muscle Mix" 5.30 "Teen Terrors" 6.30 Ess/Int "Chairholics" 6.30 E/I "Kick A***CadMat	31 6.30 Ess/Int Group Fun 8.30 E/I "Moni's Muscle Mix" 9.30 Int 1 "Core Balance" 11.30 Int Mat & Chair 6.30 Ess/Int "3 Musketeers"	<p><b>Become a Pilates Instructor!</b>  <b>Mat Certification</b>                  August 6th, 7th, 8th                  September 17th, 18th, 19th                  October 2st, 3nd</p>  <p>STOTT PILATES certification</p>				