




# February 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 8.30 Int. 1 "Pilates Stew" 9.30 E/I " Butts & Gutts" 9.30 Int.1 "911-Core" 10.30 I/A Moni's "Muscle Mix"	2 6.30 Ess/Int "Chair Dance" 8.30 E/I" Extreme CadMat" 9.30 E/I"Jumpus Maximus" 11.30 Int/Adv Small Group Fun 5.30 "Teen Terrors" 6.30 E/I"Kick A**"CadMat	3 8.30 Int. 1&2"Death By 9.30" 9.30 Int "Upper Body Hottie" 10.30 I/A "Non-Stop Pilates" 11.30 E/I" May the Core B with U" 6.30 Ess/Int"Electric Chair"	4 6.30 Ess/Int "Pilates Soup" 8.30 Int. 1"Pilates Stew" 9.30 E/I"Reformer Madness" 10.30 Beginner Stab.Chair 11.30 Int/Adv"Chair du Soleil" 6.30 E/I Reformer on"Roids"	5 8.30 Int. 1&2"Death By 9.30" 9.30 Ess/Int "Pilates Stew" 10.30 Ess/Int"Chair Dance" 11.30 I/A Kick-A** CadMat	6 No Classes	7 No Classes 
8 8.30 Int. 1 "Pilates Stew" 9.30 E/I " Butts & Gutts" 9.30 Int."Chair Crazy" 10.30 I/A Moni's "Muscle Mix"	9 6.30 Ess/Int "Chair Dance" 8.30 E/I"Reformer Madness" 9.30 E/I"Non-Stop"Pilates 11.30 Int/Adv Small Group Fun 5.30 "Teen Terrors" 6.30 E/I Reformer on"Roids"	10 8.30 Int 1&2"Death By 9.30" 9.30 Int 1"Pilates Stew" 10.30 I/A "Non-Stop Pilates" 11.30 E/I "Not so easy"Mat 6.30 Ess/Int"Electric Chair"	11 6.30 Ess/Int "Pilates Soup" 8.30 Int. 1"Pilates Stew" 9.30 E/I" Extreme CadMat" 10.30 Int/Adv"Chair du Soleil" No Classes	12 No Classes	13 No Classes	14 No Classes 
15 8.30 Int. 1 "Pilates Stew" 9.30 E/I " Butts & Gutts" 9.30 Int.1 "911-Core" 10.30 I/A Moni's "Muscle Mix"	16 6.30 Ess/Int "Chair Dance" 8.30 E/I" Extreme CadMat" 9.30 E/I"Jumpus Maximus" 11.30 Int/Adv Small Group Fun 5.30 "Teen Terrors" 6.30 E/I"Kick A**"CadMat	17 8.30 Int. 1&2"Death By 9.30" 9.30 Int. 1"Balanced Body" 10.30 I/A "Non-Stop Pilates" 11.30 E/I" May the Core B with U" 6.30 Ess/Int"Electric Chair"	18 6.30 Ess/Int "Pilates Soup" 8.30 Int. 1"Pilates Stew" 9.30 E/I"Reformer Madness" 10.30 Ess/Int "Muffin Off" 11.30 Int/Adv"Chair du Soleil" 6.30 E/I Reformer on"Roids"	19 8.30 Int. 1&2"Death By 9.30" 9.30 Ess/Int "Pilates Stew" 10.30 Ess/Int"Chair Dance" 11.30 I/A Kick-A** CadMat	20 8.30 Int. Small Group Fun 9.30 E/I "Moaning Myrtle"	21 No Classes 
22 8.30 Int. 1 "Pilates Stew" 9.30 E/I " Butts & Gutts" 9.30 Int."Chair Crazy" 10.30 I/A Moni's "Muscle Mix"	23 6.30 Ess/Int "Chair Dance" 8.30 E/I"Reformer Madness" 9.30 E/I"Non-Stop"Pilates 11.30 Int/Adv Small Group Fun 5.30 "Teen Terrors" 6.30 E/I"Jumpus Maximus"	24 8.30 Int. 1&2"Death By 9.30" 9.30 Int "Upper Body Hottie" 10.30 I/A "Non-Stop Pilates" 11.30 E/I "Not so easy"Mat 6.30 Ess/Int"Electric Chair"	25 6.30 Ess/Int "Pilates Soup" 8.30 Int. 1"Pilates Stew" 9.30 E/I" Extreme CadMat" 10.30 Beginner Stab.Chair 11.30 Int/Adv"Chair du Soleil" 6.30 E/I"Kick A**"CadMat	26 8.30 Int. 1&2"Death By 9.30" 9.30 Ess/Int "Hard Core" 10.30 Ess/Int"Chair Dance" 11.30 I/A Kick-A** CadMat	27 8.30 Int. Small Group Fun 9.30 E/I "Moaning Myrtle"	28 No Classes 



Are you Strong, flexible, & pain-free?  
 Performance Pilates  
 The "Gain" without the "Pain"!

