



September 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		1 6.30 Ess/Int Jump Fun 8.30 Int. 1&2"Death By 9.30" 9.30 E/I "Upper Body Hottie" 10.30 Adv."Non-Stop Pilates"	2 6.30 Ess/Int "3 Musketeers" 8.30 E/I Reformer on"Roids" 9.30 Int 1"Moni's Muscle Mix" 10.30 Int/Adv Chair & Mat	3 8.30 Int/Adv"Death By 9.30" 9.30 E/I"Cad & Reformer" 10.30 Int.1 Chair & Mat	4 9.30 E/I "Pilates Fusion"	5 No Classes 	
	6 6.30 Ess/Int"Chairholics" 8.30 Ess/Int"Reformer Flow" 9.30 Int 1"Core on Fire" 9.30 Ess/Int "Chair Dance" 10.30 I/A Moni's "Muscle Mix"	7 6.30 Ess/Int Group Fun 8.30 Int 1 Cad & Reformer 9.30 E/I Moni's Muscle Mix 10.30 Int 1&2 Chair & Mat	8 6.30 Ess/Int Mat Super Core 8.30 Int 1&2"Death By 9.30" 9.30 E/I "Butts & Gutts" 10.30 Adv."Non-Stop Pilates"	9 6.30 Ess/Int "3 Musketeers" 8.30 E/I"Kick A***"CadMat 9.30 Int 1"Moni's Muscle Mix" 10.30 Int/Adv Chair & Ref	10 8.30 Int/Adv"Death By 9.30" 9.30 E/I"Cad & Reformer" 10.30 Int. Chair & Reformer	11 9.30 E/I "Pilates Fusion"	12 No Classes
	13 6.30 Ess/Int"Chairholics" 8.30 Ess/Int "Cool Cad" 9.30 Int 1"Muscle Reformer" 9.30 Ess/Int "Chair Dance" 10.30 I/A Moni's "Muscle Mix"	14 6.30 Ess/Int Group Fun 8.30 Int 1 Cad & Reformer 9.30 E/I Moni's Muscle Mix 10.30 Int 1&2 Chair & Ref	15 6.30 Ess/Int Jump Fun 8.30 Int. 1&2"Death By 9.30" 9.30 E/I "Upper Body Hottie" 10.30 Adv."Non-Stop Pilates"	16 6.30 Ess/Int "3 Musketeers" 8.30 E/I Reformer on"Roids" 9.30 Int 1"Moni's Muscle Mix" 10.30 Int/Adv Chair & Mat	17 8.30 Int/Adv"Death By 9.30" 9.30 E/I"Cad & Reformer" 10.30 Int.1 Chair & Mat	18 9.30 E/I "Pilates Fusion"	19 No Classes
	20 6.30 Ess/Int"Chairholics" 8.30 Ess/Int"Reformer Flow" 9.30 Int 1"Core on Fire" 9.30 Ess/Int "Chair Dance" 10.30 I/A Moni's "Muscle Mix"	21 6.30 Ess/Int Group Fun 8.30 Int 1 Cad & Reformer 9.30 E/I Moni's Muscle Mix 10.30 Int 1&2 Chair & Mat	22 6.30 Ess/Int Mat Super Core 8.30 Int. 1&2"Death By 9.30" 9.30 E/I "Butts & Gutts" 10.30 Adv."Non-Stop Pilates"	23 6.30 Ess/Int "3 Musketeers" 8.30 E/I"Kick A***"CadMat 9.30 Int 1"Moni's Muscle Mix" 10.30 Int/Adv Chair & Ref	24 8.30 Int/Adv"Death By 9.30" 9.30 E/I"Cad & Reformer" 10.30 Int. Chair & Reformer	25 9.30 E/I "Pilates Fusion"	26 No Classes
27 6.30 Ess/Int"Chairholics" 8.30 Ess/Int "Cool Cad" 9.30 Int 1"Muscle Reformer" 9.30 Ess/Int "Chair Dance" 10.30 I/A Moni's "Muscle Mix"	28 6.30 Ess/Int Group Fun 8.30 Int 1 Cad & Reformer 9.30 E/I Moni's Muscle Mix 10.30 Int 1&2 Chair & Ref	29 6.30 Ess/Int Jump Fun 8.30 Int. 1&2"Death By 9.30" 9.30 E/I "Upper Body Hottie" 10.30 Adv."Non-Stop Pilates"	30 6.30 Ess/Int "3 Musketeers" 8.30 E/I Reformer on"Roids" 9.30 Int 1"Moni's Muscle Mix" 10.30 Int/Adv Chair & Mat	 Mat Intensive Training <i>intensive</i> certification courses October 1st, 2nd, 3rd October 29th, 30th, 31st November 13th, 14th			
6.30 Ess/Int "3 Musketeers"	6.30 E/I Moni's Muscle Mix	6.30 E/I "Reformer & Cad"	6.30 Int "Chairholics"				

