2011 Winter Instructional Classes - SRC STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:00 AM								7:00 AM
7:30 AM								7:30 AM
8:00 AM								8:00 AM
8:30 AM								8:30 AM
9:00 AM								9:00 AM
9:30 AM								9:30 AM
10:00 AM	MAT PILATES I	PILATES REFORMER I	MAT PILATES I		50/50 YOGA PILATES II			10:00 AM
10:30 AM								10:30 AM
11:00 AM								11:00 AM
11:30 AM								11:30 AM
12:00 PM								12:00 PM
12:30 PM								12:30 PM
1:00 PM		MAT PILATES II		MAT PILATES II				1:00 PM
1:30 PM								1:30 PM
2:00 PM								2:00 PM
2:30 PM								2:30 PM
3:00 PM								3:00 PM
3:30 PM								3:30 PM
4:00 PM								4:00 PM
4:30 PM					50/50 YOGA PILATES III			4:30 PM
5:00 PM								5:00 PM
5:30 PM								5:30 PM
6:00 PM								6:00 PM
6:30 PM								6:30 PM
7:00 PM								7:00 PM
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8:00 PM								8:00 PM
8:30 PM								8:30 PM
9:00 PM								9:00 PM
9:30 PM								9:30 PM

2011 Winter Instructional Classes - SRC DOJO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:00 AM								7:00 AM
7:30 AM								7:30 AM
8:00 AM								8:00 AM
8:30 AM								8:30 AM
9:00 AM								9:00 AM
9:30 AM								9:30 AM
10:00 AM							SUNDAY MORNING PILATES 10:15 - 11:15am	10:00 AM
10:30 AM								10:30 AM
11:00 AM	50/50 YOGA PILATES I			50/50 YOGA PILATES I				11:00 AM
11:30 AM								11:30 AM
12:00 PM								12:00 PM
12:30 PM								12:30 PM
1:00 PM								1:00 PM
1:30 PM								1:30 PM
2:00 PM								2:00 PM
2:30 PM								2:30 PM
3:00 PM								3:00 PM
3:30 PM	MAT PILATES III		MAT PILATES III					3:30 PM
4:00 PM								4:00 PM
4:30 PM								4:30 PM
5:00 PM								5:00 PM
5:30 PM								5:30 PM
6:00 PM					TGIF PILATES			6:00 PM
6:30 PM								6:30 PM
7:00 PM								7:00 PM
7:30 PM								7:30 PM
8:00 PM								8:00 PM
8:30 PM								8:30 PM
9:00 PM								9:00 PM
9:30 PM								9:30 PM