

Pilates



Smile!	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Group Reformer	Group Reformer		Group Reformer	Group Reformer		
7:00am	Mat Pilates				Mat Pilates		
8:00am	Group Reformer	Group Reformer	Group Reformer	Group Reformer	Group Reformer		
9:00am						Group Reformer	
9:30am	Group Reformer	Group Reformer	Group Reformer	Group Reformer			
10:30am	Group Reformer	Group Reformer	Group Reformer	Group Reformer	Group Reformer		
11:30am	Group Reformer	Group Reformer	Group Reformer	Group Reformer			
Noon			Group Reformer				
12:30pm		Group Reformer		Group Reformer			
1:30pm							
4:30pm		Group Reformer				Schedules online www.ddaonline.com	
5:30pm	Group Reformer	Group Reformer		Group Reformer		Free Demo Classes Available	
7:00pm						Please notify Instructor if you have any special health concerns	
8:00pm							

Effective July 12 2010