

# 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			
10:30am	Group Reformer		Group Reformer		Group Reformer		
11:00am							
Noon			Group Reformer				
4:00pm							
5:00pm							
5:30pm	Group Reformer			Group Reformer		Schedules online <a href="http://www.ddaonline.com">www.ddaonline.com</a>	
6:00pm						Free Demo Classes Available	
7:00pm						Please notify Instructor if you have any special health concerns	
8:00pm							

**Effective March 3rd 2010**