



Spring Session 2015
6 Weeks
Mon May 11 – Friday June 19

In 10 sessions you'll feel the difference, in 20 sessions you'll see the difference and in 30 sessions you'll have a whole new body.
Joseph Pilates

Cost:
 \$15.00 / Class Matwork \$17.00 Drop In
 \$24.00 / Class Reformer \$26.00 Drop In

Call 250.352.1600 to Register!
 kootenaiPilates.com for more information
 **Studio Closed Monday May 18th



	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am – 7:30 am		Intermediate Reformer mona		Intermediate Reformer mona	
7:35 am – 8:35 am		Int/Adv Mat mona		Int/Adv Mat mona	
8:45 am – 9:45 am	**New Class! Beginner Mat kirsty 9:00 -9:55am	Int/Adv Reformer mona **New Class! Restorative Mat Megan 8:50 – 9:50 am	Tai Chi for Health Advanced Sandra 8:30 – 9:30 am	Int/Adv Reformer mona **New Class! Beginner Mat kirsty 9:00 -9:55 am	
10:00 - 11:00 am	Reformer for Men kirsty **New Class! Mom & Baby Yoga brooke 10:30 -11:30 am	Essential Mat megan	Tai Chi for Health Intermediate sandra 9:30-10:30 am	**New Class! Beginner Reformer kirsty Essential Mat mary ann	
11:15 - 12:15 pm	Intermediate Reformer kirsty	Intermediate Reformer mona		Intermediate Reformer mona	
12:30 – 1:30 pm	Intermediate Reformer kirsty	**New Class! Beginner Reformer mary ann	Intermediate Reformer kirsty	Intermediate Reformer kirsty	**New Class! Beginner Reformer mary ann
2:00 – 3:00 pm		**New Class! Beginner Reformer megan			
4:05 – 5:05pm	Int/Adv Reformer mona	Int/Adv Reformer megan 4:10– 5:10 pm	Int/Adv Reformer mona	Int/Adv Reformer megan 4:10 – 5:10 pm	
5:10 – 6:10 pm	Int/Adv Mat mona Beginner Reformer mary ann		Int/Adv Mat mona Beginner Reformer mary ann	**New Class! Beginner Mat mary ann/ megan	
6:20 – 7:20 pm	**New Class! Beginner Mat mona	Int Reformer mary ann 7:30 – 8:30 pm	Intermediate Reformer mona Tai Chi for Health Beginner/Int sandra 6:20-7:20 pm		
7:35 – 8:35 pm	**New Class! Jumpboard Conditioning mona		Advanced Reformer mona		