

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am – 7:30 am			Beginner/Intermediate Reformer Mark	Intermediate Reformer Mark	Intermediate Reformer Mark
7:35 am – 8:35 am	Intermediate Reformer Mona 8:30-9:30 am	Intermediate/Advanced Mat Mona **Pre-register!	Private Sessions	Intermediate/Advanced Mat Mona **Pre-register!	Private Sessions
8:45 am – 9:45 am		Intermediate/Advanced Reformer Mona		Intermediate/Advanced Reformer Mona	
10:15 – 11:15 am	Mens Reformer Kirsty 9:45-10:45	Gentle Mat Kirsty 10:00 – 11:00 am **Pre-register!	ZOOM! Intermediate Mat with Kirsty 9:15-10:15 am Sept 9, 16, 23, 30	Intermediate Reformer Kirsty 10:15-11:15	
		Intermediate Reformer Mona 10:15-11:15		**NEW! Gentle Mat 11:30 am – 12:30 pm **Pre-register!	
11:15 - 12:15 pm	Beginner/Intermediate Reformer Kirsty Barre Mona **12:30 -1:30 pm **Pre-register!	Intermediate Reformer Mona 11:45 - 12:45 pm	Intermediate Reformer Kirsty 11:15 - 12:15 pm	Beginner/Intermediate Reformer Mona 11:45 - 12:45 pm	Intermediate Reformer Mona 11:30-12:30 pm
12:45 – 1:45 pm	Intermediate/Advanced Reformer Kirsty	Private Sessions 1:00 – 3:00 pm	Intermediate/Advanced Reformer Kirsty	Intermediate/Advanced Reformer Kirsty 1:00 – 2:00 pm	Private Sessions
4:00 – 5:00 pm	Private Sessions	Beginner Reformer Kirsty 4:00-5:00 pm	Beginner Reformer Mark 3:45 – 4:45 pm	Beginner Reformer Mary Ann 4:00-5:00 pm ZOOM! Barre with Mona 4:00 – 5:00 pm Sept 10, 17, 24 Oct 1	
5:15 – 6:15 pm	Intermediate Reformer Mark		Intermediate Reformer Mark Intermediate Mat Mary Ann 5:15 – 6:15 pm Sept 9, 16, 23, 30 **Pre-register!	Intermediate Reformer Mary Ann 5:30 – 6:30 pm	
6:30 – 7:30 pm	Fundamental Matwork Mark Sept 14, 21,28, Oct 5 **Pre-register!		Intermediate Reformer Mary Ann 6:45-7:45 pm Intermediate Reformer Mary Ann 8:00 – 9:00 pm	Intermediate Reformer Mary Ann 7:00-8:00 pm	

September 8, 2020

[KOOTENAI PILATES FALL SESSION TUES SEPT 8 – FRIDAY OCT 2]

