



CLASS SCHEDULE

(as of July 2010)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM		Pilates (BEG) 7:00-8:30 AM		Pilates (BEG) 7:00-8:30 AM		
7:30 AM						
8:00 AM				Gyro 8:00-9:30 AM		
8:30 AM	Aero-Sculpt 8:15-9:15 AM	Allegro 8:30-9:30 AM	Pilates (MULTI) 8:15-9:45 AM		Aero-Sculpt 8:15-9:15 AM	Pilates (MULTI) 8:15-9:45 AM
9:00 AM						
9:30 AM						
10:00 AM	Gyro 9:45-11:15 AM					
10:30 AM		Pilates (MULTI) 10:30-12:00 PM	Allegro 10:15-11:15 AM	Pilates (ADV) 10:30-12:00 PM	Pilates (BEG/MULTI) 10:30-12:00 PM	Gyro 10:15-11:45 AM
11:00 AM						Pilates (BEG) 10:00-11:30 AM
11:30 AM						
12:00 PM						
4:00 PM						
4:30 PM		Gyro 4:15-5:45 PM	Allegro 4:15-5:15 PM			
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM				Gyro 6:15-7:45 PM	Pilates (INT2) 6:15-7:45 PM	
7:00 PM	Pilates (BEG) 7:00-8:30 PM	Pilates (MULTI) 6:45-8:15 PM	Pilates (BEG) 7:00-8:30 PM	Pilates (BEG) 7:00-8:30 PM		
7:30 PM		Pilates (BEG) 7:00-8:30 PM				
8:00 PM						
8:30 PM		Allegro 8:30-9:30 PM		Men's Allegro 8:15-9:15 PM		
9:00 PM						

STUDIO ASSIGNMENT	
	7th Floor, Renaissance Tower 1000
	2nd Floor, Bramante Piazza
	Acropolis