

Pilates & Fitness Studio

Class Schedule

September/October 2015

Classes begin the week of September 14, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00			Meditation & Yoga-Keely		
			6:00 - 6:50		
7:00			Re:Align - Keely		
			7:00 - 8:00		
8:00	Mindful Moves-Robin				
	8:00 - 9:00				
9:00					
	Pilates Phase 2	Home Away from Home	Pilates Phase 2	Pilates Plus	Pilates Phase 2
10:00	9:30 - 10:30	9:30 - 10:30	9:30 - 10:30	9:30 - 10:30	9:30 - 10:30
11:00	Pilates Plus	Pilates Phase 2	Gentle Pilates	Pilates Phase 2	Home Away from Home
	10:45 - 11:45	10:45 - 11:45	10:45 - 11:45	10:45 - 11:45	10:45 - 11:45
12:00					
1:00					
2:00				Pilates Intro - Keely	
				2:15 - 3:15	
3:00					
4:00	Breast Cancer		Pilates Phase 2		
	Exercise Group		4:15 - 5:15		
5:00					
		Mindful Moves-Robin	Pilates Phase 2	Pilates Plus	
6:00		5:30 - 6:30	5:30 - 6:30	5:30 - 6:30	
7:00		Pilates Intro - Keely			
		7:00 - 8:00			
8:00					

For questions and information regarding classes, please email Terri Beck at casabeck@uniserve.com, call me at (604)485-5876 OR feel free to drop by before or after class times if you have questions or would like to check out the studio

For **Keely's Classes**, please contact Keely Fandrick at keely@rootdownyoga.com or (604)344-0624

For **Robin's Classes**, please contact Robin Morrison at inison@shaw.ca or (604)483-6759