



E S S E X
PILATES & YOGA

Group Class Schedule: Session One 2012

A 10-week Session From Monday, January 2 Through Sunday, March 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30a: Advanced Mat	9a: Open Mat	8:30a: Tower L II	7:45a: Adv. Reformer	7a: Bell Tower	8:30a: Tower	8:30a: Vinyasa Yoga
10a: Core Yoga	9a: F.I.T.	10a: Intro Reformer	9a: Reformer	8:15a: JumpBoard R	8:30a: Intro Mat	10a: ZUMBA
	10:15a: Yoga		9a: Tower	10a: Intro Reformer	9:45a: Reformer	
			10:15a: Power Yoga	10:15a: Yoga		
5:15p: Intro Tower	5:15p: Tower	5:30p: Reformer	5:30p: Intermed. Mat			
6:30p: Intro Mat		6:30p: ZUMBA	5:30p: Intro Mat			

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