



ESSEX PILATES

GROUP CLASSES - 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am - Adv Mat	9am - Open Mat 9:00am - F.I.T. 10:30am - Yoga	8:30am - Tower L II	7:45am - Adv. Reform. 9am - Reformer 9am - Tower 11:30am - F.I.T.	8:15am - Jumpboard Reformer 10am - Intro Reformer 10am - Yoga	8:30am - Tower 8:30am - Intro Mat 1 9:45a - Reformer
5:30pm - Intro Tower	5:15pm - Reform L II 5:15pm - Tower	5:30pm - Teachers Choice	5:30pm - Interm. Mat		SUNDAY Closed

Schedule is subject to change

SESSION 4, 2010: 10-week Session * August 2 through Sunday, October 10
 Closed Monday 9/6 Labor Day

860.767.5027
www.essexpilates.com