

Pilates Reformer Weekly Schedule

(Effective 9/18/2011)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 am -10:15 am Dave	9:30 am -10:30 am Dave 10:30 am - 11:30 am Dave 12:30 pm - 1:30 pm Dave	9:30 am - 10:30 am Phyllis 10:30 am-11:30 am Phyllis 6:15 pm - 7:15 pm Dave 7:15 pm - 8:15 pm Dave	5:45 am - 6:45 am Dave 8:15 am - 9:15 am Dave 9:15 am - 10:15 am Dave 10:15 am -11:15 am Dave	5:45 am - 6:45 am Lieba 9:30 am - 10:30 am Dave 6:15 pm - 7:15 pm Dave	5:45 am - 6:45 am Dave 9:00 am – 10:00 am Dave 10:00 am – 11:00 am Dave 11:00 am – 12:00 pm Kathy	

**Classes limited to 5 participants.
\$25 per person/per class.**

**To reserve your spot, contact Dave LaPorte
at 860-231-6338 or dlaporte@mandelljcc.org**

