

Counterbalance Studio Pilates

Class Schedule

2017/2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30-8:45 Equipment Mary		7-8 Good Morning Mat Continues! Elaine	8:00-9:15 Equipment Fiona		
8:45-10:00 Uninstructed Fiona	8:45-10:00 Equipment Mary	8:45-10:00 Equipment Elaine	8:00-9:00 Uninstructed Elaine	9:15-10:30 Equipment Fiona	9:00-10:15 Free Your Fascia Carrie	8:30-9:45 Equipment Elaine
10:15-11:30 Mat I/II Fiona	10-11:15 Equipment Elaine/Sacha	10:00-11:15 Equipment Elaine	9:00-10:15 Equipment Elaine	10:30-11:45 Equipment Fiona	10:30-11:45 Equipment Carrie	10:00-11:00 Qi Gong Mary
11:45-1:00 Equipment Fiona	11:15-12:30 Equipment Elaine/Sacha	11:15-12:30	10:15-11:30 Equipment Sacha	11:45-1:00 Equipment Fiona	11:45-1:00 Equipment Carrie	11:15-12:15 Stability Ball Harjit
1:30-2:30 Private: 3-D Elaine	12:30-1:45 Equipment Sacha	12:40-1:55 Equipment Fiona	11:30-12:45 Equipment Sacha		1:30-2:30 3-D Carrie	
		2:00-3:00 3-D Fiona	12:45-2:00 Equipment Sacha			
3:00-4:15 Equipment Sacha			3:00-4:15 Gentle Stability Ball Harjit			
4:30-5:45 Equipment Sacha			4:30-5:45 Equipment Sheri			
5:45-7:00 Equipment Sacha	6:00-7:00 Mat I Carrie	6:00-7:00 A Class for Nellie's Elaine	6:00-7:00 ELDOA Sheri			
7:00-8:15 Equipment Sacha	7:10-8:10 Mat II Carrie	7:15-8:30 Equipment Elaine	7:15-8:30 Equipment Sheri			
8:30-9:30 Mat I Harjit						

Information subject to change.

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