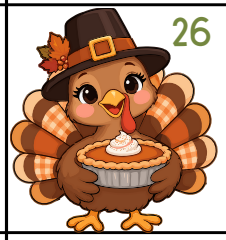


PILATES STANCE

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10am Intro Pilates	2	3 9am Reformer	4 4pm Teens	5 9am Reformer	6	7 9am Mat
8 10am Intro Pilates	9	10 9am Reformer	11 4pm Teens	12 9am Reformer	13	14 WRIGHT-WAY RESCUE Pups Pilates 
15 10am Intro Pilates	16	17 9am Reformer	18 4pm Teens	19 9am Reformer	20	21 9am Mat
22 10am Intro Pilates	23	24 9am Reformer	25 4pm Teens	26 	27	28 9am Mat
29 10am Intro Pilates	30					

PILATES STANCE

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9am Reformer	2 4pm Teens	3 9am Reformer	4	5 9am Mat
6 10am Intro Pilates	7	8 9am Reformer	9 4pm Teens	10 9am Reformer	11	12 9am Mat
13 10am Intro Pilates	14	15 9am Reformer	16 4pm Teens	17 9am Reformer	18	19 9am Mat
20 10am Intro Pilates	21	22 9am Reformer	23 4pm Teens	24 	25 	26 9am Mat
27 10am Intro Pilates	28	29 9am Reformer	30 4pm Teens	31 	1 	

