

PILATES MAUI CLASS SCHEDULE

March 2010

Kihei Commercial Plaza – 310 Ohukai Rd. Suite 317

Monday	Group Reformer Level I-II Group Mat/Reformer Combo all levels Group Reformer Level I-II Group Equipment Class Advanced Level III Group Equipment Class I-II	7:30am Erin 8:30am Erin 3:00pm Sara 4:00pm Sara 5:30pm Erin	
Tuesday	Group Reformer Level I-II Group Reformer Level I-II Group Rehab Equipment All Levels Full Body Weight Training/Fitball	8:30am Grace 1:00pm Grace 3:00pm Candice 5:30pm Kristin	
Wednesday	Group Reformer Level II Group Equipment Class Level I-II Group Equipment Class Level I-II Group Reformer Level I Group Super Circuit Level II	7:30am Erin 8:30am Brandi 3:00pm Laura 4:30pm Laura 5:30pm Laura	
Thursday	Group Reformer Level I-II Group Reformer Level I-II Group Equipment Class All Levels Full Body Weight Training/Fitball	8:30am Grace 1:00pm Grace 3:00pm Candice 5:30pm Kristin	
Friday	Group Reformer Level I-II Stretch/Strength Rehab Mat all Levels Group Reformer Level I-II Sports Conditioning Level II-III Golf Group Reformer all Levels	7:30am Erin 8:30am Laura 3:00pm Erin 4:00pm Erin (on request)	
Saturday	Group Mat Pilates all Levels (Pre/Post Natal moms welcome!!!) Group Reformer Level I-II Group Reformer Level I	10:30am Brandi 11:30am Brandi 1:00 pm Erin	
Sunday	Private requests only please call 874-0052		

Sign up for all classes **REQUIRED** by phone or email
Phone (808) 874-0052 or email: Candice@pilatesmaui.com
 Schedule subject to change/ updated February 2010
 All sessions 1 hour ~ **REGISTRATION REQUIRED** ~