

PILATES MAUI CLASS SCHEDULE

SEPTEMBER 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 Sports Conditioning Level II-III Group Super Circuit Level II	7:30am Erin 8:30am Erin 3:00pm Kelley 4:00pm Kelley 5:30pm Kelley	
Tuesday	Group Reformer Level I-II Group Equipment All Levels Full Body Weight Training/Fitball	8:30am Erin 3:00pm Candice 5:30pm Candice	
Wednesday	Group Equipment Class Level I-II Group Equipment Class Level I-II Group Super Circuit Level II	7:30am Kelley 3:00pm Laura 4:00pm Laura	
Thursday	Group Reformer Level I-II Group Equipment Class All Levels Full Body Weight Training/Fitball	8:30am Erin 3:00pm Candice 5:30pm Candice	
Friday	Group Reformer Level I-II Stretch/Strength Rehab Mat all Levels Group Reformer Level I-II Group Equipment Class Advanced Level III Golf Group Reformer all Levels (on request only)	7:30am Erin 8:30am Candice 3:00pm Sara 4:00pm Sara 5:30pm Candice	
Saturday	Group Mat Pilates all Levels Group Reformer Level I-II Group Reformer Level I (on request only)	10:30am Erin 11:30am Erin 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 August 2010
 All sessions 1 hour ~ **REGISTRATION REQUIRED** ~