

PILATES MAUI GROUP CLASS SCHEDULE

February 2012

Kihei Commercial Plaza – 310 Ohukai Rd. Suite 310

Monday	Group Equipment Class Level I-II Group Mat/Reformer Combo all levels Group Equipment Class Advanced Level II-III	7:30am Nancy 8:30am Nancy 3:00pm Candice	
Tuesday	Group Reformer Level I-II Group Abs/Fitball Mat Group Equipment All Levels Mat Pilates with Props all Levels	8:30am Diane 9:30am Diane 3:00pm Sue 5:30pm Diane	
Wednesday	Group Reformer Level II Group Reformer All Levels Beginners Welcome Group Reformer All Levels Group Reformer Level I-II	8:30am Nancy 9:30am Nancy 3:00pm Nancy 5:30pm Diane	
Thursday	Group Reformer Level I-II Group Abs/Fitball Mat Sports Conditioning Level II-III Mat Pilates with Props all Levels	8:30am Diane 9:30am Diane 3:00pm Sue 5:30pm Diane	
Friday	Group Reformer Level I-II Mat Stretch/Strength Rehab all Levels Equipment Class Level I-II	7:30am Nancy 8:30am Nancy 3:00pm Sue	
Saturday	Group Reformer Level I-II	9:30am Sue	
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 January 2011
 All sessions 1 hour ~ **REGISTRATION REQUIRED** ~