



April 2012

Pilates Mat Classes \$12/class or
\$75 month of unlimited

Barre'
Turbokick
Zumba
PiYo
WPG

All Cardio Classes
\$7/ Drop-in Class
\$40/month of 2 x week

www.totalbodypilatesonline.com

(Willpower and Grace)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Zumba 5:00 PM	2 Mat Class 9:00 AM Zumba 4:30 PM Turbokick 6:45 PM	3 WPG 9:30 AM (Studio C) Zumba 6:45 PM	4 Barre' 5:45 PM Turbokick 6:45 PM	5 Mat Class 9:00 AM PiYo 6:45 PM Zumba 6:45 PM (Studio C)	6	7 Barre' 8:00 AM Mat Class 9:00 AM Mat Class 10:00 AM
8 NO CLASSES!!! 	9 Mat Class 9:00 AM Zumba 4:30 PM Turbokick 6:45 PM	10 PiYo 9:30 AM (Studio C) Zumba 6:45 PM	11 Barre' 5:45 PM Turbokick 6:45 PM	12 Mat Class 9:00 AM WPG 6:45 PM Zumba 6:45 PM (Studio C)	13	14 Mat Class 9:00 AM Mat Class 10:00 AM
15 Zumba 5:00 PM	16 Mat Class 9:00 AM Zumba 4:30 PM Turbokick 6:45 PM	17 WPG 9:30 AM (Studio C) Zumba 6:45 PM	18 Barre' 5:45 PM Turbokick 6:45 PM	19 Mat Class 9:00 AM PiYo 6:45 PM Zumba 6:45 PM (Studio C)	20	21 Barre' 8:00 AM Mat Class 9:00 AM Mat Class 10:00 AM
22 Zumba 5:00 PM	23 Mat Class 9:00 AM Zumba 4:30 PM Turbokick 6:45 PM	24 PiYo 9:30 AM (Studio C) Zumba 6:45 PM	25 Barre' 5:45 PM Turbokick 6:45 PM	26 Mat Class 9:00 AM WPG 6:45 PM Zumba 6:45 PM (Studio C)	27	28 Mat Class 9:00 AM Mat Class 10:00 AM
29 Zumba 5:00 PM	30 Mat Class 9:00 AM Zumba 4:30 PM Turbokick 6:45 PM	1 WPG 9:30 AM (Studio C) Zumba 6:45 PM	2 Barre' 5:45 PM Turbokick 6:45 PM	3 Mat Class 9:00 AM PiYo 6:45 PM Zumba 6:45 PM (Studio C)	4	5 Barre' 8:00 AM Mat Class 9:00 AM Mat Class 10:00 AM

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