

SUMMER SCHEDULE – EFFECTIVE SEPTEMBER 2010 561-483-4160



- Email info@pilatesboca.com
- Please respect our 12 hour cancellation policy to avoid a penalty charge.
- FRIENDLY FRIDAYS- Friends come free Friday! Sign up in advance to reserve a spot.

WEST BOCA (Clint Moore / 441 Reserve Shopping Center) 561-483-4160

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7am Spinning Curtis	6-6:55am Xtend Jody	6:15-7am Spinning Danielle	6-6:55am Xtend Stef	6-6:55am Xtend Jody	7:30-8:25am Spinning Curtis
7:15-8:10am Pilates Stef	7:30-8:25am CHAIR Tanya	7:15-8:10am Pilates Vivian	7:15-8:05am Spinning Curtis	7:15-8:10am Pilates Nicole	8:30-9:25am Pilates Nicole/Vivian
8:30-9:25am Xtend Madeline	8:30-9:20am Pilates Nicole	8:30-9:25am Pilates Kamil	7:30-8:25am Jump Reformer Tanya	8:30-9:20am Spinning Stef	8:30-9:25am Xtend Laurie
8:30-9:25am Pilates Tanya	8:30-9:20am Spinning Stef	8:30-9:20am Spin Andi	8:30-9:25am Xtend Stef	8:30-9:25am Pilates Nicole	9:30-10:25am Pilates Nicole/Vivian
9:30-10:25am Pilates Dana	9:30-10:25am Pilates Vivian	9:30-10:25am Pilates Tanya	8:30-9:25am Pilates Tanya	9:30-10:25am Pilates Nicole	9:40-10:30am Spinning Curtis
9:40-10:30am Spinning Stef	9:30-10:25am Xtend Andrea	9:30-10:25am Xtend Andrea	9:30-10:25am Pilates Kamil	9:35-10:30am Xtend Andrea	10:30-11:25am MAT Vivian
10:30-11:25am Jump Reformer Tanya	10:30-11:25am Pilates Nicole	10:45-11:40am Zumba Bernadett	9:40-10:30am Spinning Danielle	10:30-11:25am Reformer Tanya	
10:40-11:35am Xtend Laurie	11:30-11:25am Advanced MAT Dana		10:30-11:25am Jump Reformer Nicole	12:30-1:25pm Pilates Vivian	SUNDAY
3:30-4:15pm Kids Zumba Bernadett	1:30-2:25pm Xtend Jody		10:40-11:35am Xtend Laurie		9-9:55am MAT Kamil
4:30-5:25pm Xtend Jody			1:30-2:25pm Xtend Jody		9-9:50am Spinning Shannon
5:30-6:25pm Pilates Katie	5:30-6:25pm Jump Reformer Nicole	6-6:55pm Xtend Madeline	5:30-6:25pm Xtend Madeline	5-5:55pm PILATES Vivian	10-10:55am Pilates Kamil/Vivian
6:30-7:25pm Pilates Vivian	6:30-7:25pm Xtend Laurie	7-7:55pm Pilates Vivian *may be Mat!	5:30-6:25pm Pilates Nicole		11-11:55am Xtend Kamil
6:30-7:20pm Spin NEW Linda	6:30-7:25pm Pilates Nicole		6:30-7:25pm Bootcamp Nicole		