

# May 2012 Pilates of Boca West Schedule

561-483-4160 [info@pilatesboca.com](mailto:info@pilatesboca.com)

Please Respect our 12 Hour Cancellation Policy. Thank You!

May Special: Mother's Day Special 3 Privates for \$150 (Includes Yoga/Pilates/Personal Training)

Student Special: 50% Off of Unlimited Packages or Discounted Class Rates!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-6:55am Pilates Apparatus Kamil	<b>7:30-8:25am</b> <b>NEW Trekking</b> <b>Nicole</b>	6-6:55am Spinning Curtis	6-6:55am Pilates Mat Kamil	7:15-8:10am Core Cardio Nicole	7:30-8:20am Spinning Stefanie	8-8:55am Xtend Barre Sam
7:15-8:10am Core Cardio Nicole	7:30-8:25am CHAIR Tanya	7:15-8:10am Pilates Apparatus Kamil	7:30-8:25am Trekking Nicole	<b>7:30-8:25am</b> <b>NEW CHAIR</b> <b>Kamil</b>	8:30-9:25am Pilates Apparatus Katie	9-9:55am MAT Sam
7:15-8:10am Pilates Apparatus Tanya	8:30-9:20am Spinning Andi	8:30-9:25am Pilates MAT Kamil	8:30-9:25am BOSU Stacey	8:30-9:20am Spinning Marisa	8:30-9:25am Core Cardio Marisa	9-9:50am Spinning Shannon
8:30-9:25am Pilates Apparatus Tanya	9:30-10:25am Trekking Nicole	<b>8:30-9:20am</b> <b>NEW Trekking</b> <b>Curtis</b>	8:30-9:25am Pilates Apparatus Tanya	8:30-9:25am Pilates Apparatus Nicole	8:30-9:25am Xtend Barre Stefanie	10-10:55am Pilates Apparatus CJ
8:30-9:30am Trekking Nicole	9:30-10:25am Pilates Apparatus Sam	8:30-9:25am Zumba Loibel	8:30-9:25am Trekking Nicole	9:30-10:25am Xtend Barre Sam	9:30-10:25am Xtend Barre Stefanie	<b>10-11:15am</b> <b>YOGA</b> <b>Mary Ann</b>
<b>8:30-9:25am</b> <b>YOGA</b> <b>Marisa</b>	9:30-10:25am Xtend Barre Jenna	<b>9:30-10:25am</b> <b>YOGA</b> <b>Marisa</b>	9:30-10:25am Pilates Apparatus Kamil	9:30-10:25am Core Cardio Marisa	9:30-10:25am Pilates Apparatus Katie	<b>10-10:50am</b> <b>NEW Trekking</b> <b>Shannon</b>
9:30-10:25am Xtend Barre Laurie	<b>10:30-11:25am</b> <b>YOGA</b> <b>Jenna</b>	9:30-10:25am Core Cardio Nicole	9:30-10:20am Spinning Stefanie	<b>10:30-11:30am</b> <b>YOGA</b> <b>Marisa</b>	9:30-10:20am Spinning Marisa	
9:30-10:25am Pilates Apparatus Stacy		10:30-11:25am Xtend Barre Andrea Rogers	<b>9:30-10:25am</b> <b>YOGA</b> <b>Kelly</b>		<b>10:30-11:30am</b> <b>YOGA</b> <b>Marisa</b>	
9:30-10:20am Spinning Marisa			10:30-11:25am Xtend Barre Laurie			
10:30-11:25am Xtend Barre Laurie	1:30pm – 2:25pm Xtend Barre Jody	12:30-1:25pm Advanced Pilates Tanya	1:30pm – 2:25pm Xtend Barre Jody	12:30-1:25pm Advanced Pilates Kamil		
5:30-6:25pm Core Cardio Jody		6-6:55pm Xtend Barre Jenna	<b>4:30-5:25pm</b> <b>NEW Advanced</b> <b>Pilates Bootcamp</b> <b>Nicole</b>			
5:30-6:25pm Pilates Apparatus Katie	5:30-6:25pm Pilates Apparatus Nicole	6-6:50pm Spinning Stefanie/Shannon	5:30-6:25pm Pilates Apparatus Nicole			
6:30-7:25pm Pilates Apparatus Katie	6:30-7:25pm Core Cardio Nicole	<b>7-7:55pm</b> <b>YOGA</b> <b>Marisa</b>				