

# June 2009 Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Early Bird!</b>	Springboard – 6:00 (Chris)	Pilates Circuit – 6:15 (Ella)			On the Ball! – 6:00 (Chris)	
<b>8:30 am</b>						Pilates Salutation (Ella)
<b>9:30 am</b>					♥ Abs & Assets (Ursula/Ella)	
<b>9:45 am</b>						♥ On the Ball! (Ella)
<b>12:30 pm</b>	Pilates Circuit (Ella)				♥ Abs & Assets (Ursula)	
<b>1:35 pm</b>	♥ Kind Pilates (Ella)			♥ Kind Pilates (Ella)		
<b>4:35 pm</b>				Pilates Circuit (Rene)		
<b>5:15 pm</b>	♥ Pilates Mat Basics (Chris)					
<b>5:40 pm</b>		Pilates Circuit (Ella)	♥ Pilates Circuit (Ursula)	Pilates Circuit (Ella)		
<b>6:45 pm</b>			♥ Abs & Assets (Ursula)			

⌚ All classes are 50 minutes unless otherwise noted

♥ Friendly for all!

**FREE Intro Classes: Saturday, June 20 @11am and Tuesday, June 30 @7pm**

**Strengthening Mind & Body | (360) 224-1433 | 22 Harbor Mall, Bellingham**  
**www.joyofpilates.net**

