



February 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
29	30 Mat Class 9:00 AM Zumba 4:30 PM Turbokick 6:45 PM	31 PiYo 9:30 AM (Studio C) Zumba 6:45 PM	1 Barre' 5:45 PM Turbokick 6:45 PM	2 Mat Class 9:00 AM WPG 6:45 PM Zumba 6:45 PM (Studio C)	3	4 Mat Class 9:00 AM Mat Class 10:00 AM
5	6 Mat Class 9:00 AM Zumba 4:30 PM Turbokick 6:45 PM	7 WPG 9:30 AM (Studio C) Zumba 6:45 PM	8 Barre' 5:45 PM Turbokick 6:45 PM	9 Mat Class 9:00 AM PiYo 6:45 PM Zumba 6:45 PM (Studio C)	10	11 Barre' 8:00 AM Mat Class 9:00 AM Mat Class 10:00 AM
12 Zumba 5:00 PM (Inst: Stacy)	13 Mat Class 9:00 AM Zumba 4:30 PM Turbokick 6:45 PM	14 PiYo 9:30 AM (Studio C) Zumba 6:45 PM	15 Barre' 5:45 PM Turbokick 6:45 PM	16 Mat Class 9:00 AM WPG 6:45 PM Zumba 6:45 PM (Studio C)	17	18 Mat Class 9:00 AM Mat Class 10:00 AM
19 Zumba 5:00 PM (Inst: Stacy)	20 Mat Class 9:00 AM Zumba 4:30 PM Turbokick 6:45 PM	21 WPG 9:30 AM (Studio C) Zumba 6:45 PM	22 Barre' 5:45 PM Turbokick 6:45 PM	23 Mat Class 9:00 AM PiYo 6:45 PM Zumba 6:45 PM (Studio C)	24	25 Barre' 8:00 AM Mat Class 9:00 AM Mat Class 10:00 AM
26 Zumba 5:00 PM (Inst: Stacy)	27 Mat Class 9:00 AM Zumba 4:30 PM Turbokick 6:45 PM	28 PiYo 9:30 AM (Studio C) Zumba 6:45 PM	29 Barre' 5:45 PM Turbokick 6:45 PM	1	2	3

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