

Practice: October 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 8a Group Reformer (All levels) [Patrick] 10a Matwork (all levels) [Kitty]	2
3 7p Matwork (All levels) [Patrick]	4 830a Group Reformer (All levels) [Patrick] 7p Hatha Yoga Level 1 (All levels) [Joy]	5 7p Group Reformer (All levels) [Kitty]	6 9a Hatha Yoga Level 1 (All levels) [Joy] 530p Yoga-Pilates Fusion (All levels) [Joy]	7	8 8a Group Reformer (All levels) [TBA] 10 Matwork (all levels) [Kitty]	9
10 7p Matwork (All levels) [Patrick]	11 830a Group Reformer (All levels) [Patrick] 7p Hatha Yoga Level 1 (All levels) [Joy]	12 7p Group Reformer (All levels) [Kitty]	13 9a Hatha Yoga Level 1 (All levels) [Joy] 530p Yoga-Pilates Fusion (All levels) [Joy]	14	15 8a Group Reformer (All levels) [TBA] 10a Matwork (all levels) [Kitty]	16
17 7p Matwork (All levels) [Patrick]	18 830a Group Reformer (All levels) [Patrick] 7p Hatha Yoga Level 1 (All levels) [Joy]	19 7p Group Reformer (All levels) [Kitty]	20 9a Hatha Yoga Level 1 (All levels) [Joy] 530p Yoga-Pilates Fusion (All levels) [Joy]	21	22 8a Group Reformer (All levels) [Patrick] 10a Matwork (all levels) [Kitty]	23
24/31 7p Matwork (All levels) [Patrick]*	25 830a Group Reformer (All levels) [Patrick] 7p Hatha Yoga Level 1 (All levels) [Joy]	26 7p Group Reformer (All levels) [TBA]	27 9a Hatha Yoga Level 1 (All levels) [Joy] 530p Yoga-Pilates Fusion (All levels) [Joy]	28	29 8a Group Reformer (All levels) [TBA] 10a Matwork (all levels) [TBA]	30

EVENTS

Class Changes:

No TRX/Mat Combo classes in October. Look for new 30 Min TRX Classes starting in November!

***Free Pilates Matwork Class on Halloween:** For anyone who comes to class in costume on Monday, October 31st (Halloween).

And more:

See the "what's new" page at our website, www.practice-center.com, for a full list of fun in and outside the studio