

Columbia Lake Health Club Yoga & Pilates

info@clhc.com

Effective: Monday April 13th, 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			7:15 - 8:15am Pilates I Alison G			9:00 - 10:00am Intermediate Yoga Chantel F
9:00 - 10:00am Pilates II Kim F	9:00 - 10:00am Beginner Yoga Sean N	9:00 - 10:00am Power Pilates Kim F	9:00 - 10:00am Yoga Fever Sean N	9:00 - 10:00am Power Pilates Kim F		10:00 - 11:00am Pilates I Alison G/Andrea
10:15 - 11:15am Pilates I Andrea		10:15 - 11:15am Intro to Pilates Alison G		10:15 - 11:15am Pilates I Alison G		
					1:00 - 2:00pm Yoga Fever Coleen S	
5:30 - 6:30pm Intro to Pilates Alison G			5:30 - 6:30pm Yoga Fever Tamara M		<p style="text-align: center;">Please note:</p> <p>You must have a Yoga or Pilates Pass to be admitted to any class.* Attendance in the Power Pilates classes requires previous pilates experience, please speak to your instructor prior to attending this class.</p> <p>* Please see front desk for details.</p>	
6:30 - 7:30pm Pilates I Alison G	6:15 - 7:15pm Beginner Yoga Coleen S		7:00 - 8:00pm Pilates II Marie C			
8:00 - 9:00pm Yoga Fever Tamara M	7:30 - 8:30pm Intermediate Yoga Chantel F	8:00 - 9:00pm Intermediate Yoga Sean N	8:00 - 9:00pm Intro to Pilates Marie C			