

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