

Sep/Oct 2017 DAHLC Pilates Reformer Schedule

Session: Sep 11 to Nov 4 2017

Registration opens 2 weeks prior to day/time of each class.

Call 266-4688 or stop by front desk.

Time	M	T	W	TH	F	Sa	Sun
	Registration opens for Mon classes on Aug 28 at time of class	Registration opens for Tue classes on Aug 29 at time of class	Registration opens for Wed classes on Aug 30 at time of class	Registration opens for Thu classes on Aug 31 at time of class	Registration opens for Fri classes on Sep 1 at time of class	Registration opens for Sat classes on Sep 2 at time of class	
6:15am			Experienced Marcy		Challenge Lori		
7:15am		*Essential Trisha starts at 7:10am	Foundations Marcy	Challenge Lori	Challenge Lori		
8:15am		Adaptive Reformer Connie starts at 8:10am			Experienced Torri	Experienced Torri	
9:15am					<i>Private Lesson</i> Torri	Experienced Torri	
10:15am				Foundations Lori starts at 10am		*Essential Torri	
11:15am		Experienced Lori	*Essential Marcy	Adaptive Reformer Lori	*Essential Marcy		
12:15pm	Foundations Marcy starts at 12:00	Challenge Marcy	Experienced Lori	Challenge Trisha	<i>Private lesson</i> Marcy		
1:15pm	Experienced Marcy	Experienced Marcy	<i>Private lesson starts at 1:30</i> Marcy	Experienced Trisha			
2:15pm				Challenge Trisha			
3:15pm		<i>Private Lesson starts at 3pm</i> Lori	Challenge Lori				
4:30pm	*Essential Beth	Adaptive Reformer Connie	Experienced Torri	*Essential Torri	*Requires the completion of Pilates Foundations or its equivalent. Contact casey.lori@mayo.edu for more information. Reformer classes are 50 min long. Foundations classes are 60 min long. Private Lessons are fee-based-30 & 60 min lengths.		
5:30pm	*Essential Beth	Foundations Connie	Challenge Connie	Experienced Torri			
6:30pm	Experienced Beth	Challenge Connie starts at 6:45pm	Experienced Connie				
7:30pm	<i>Private Lesson</i> Beth	Experienced Connie starts at 7:45pm	Challenge Connie				