



Pilates of Palm Beach
 3100 S Congress Ave #4, Boynton Beach, FL 33426
 561-244-5566

Group Class Schedule August 2010

**All Group Apparatus Classes Include Reformer, Tower, & Mat Work **

	Mon	Tue	Wed	Thu	Fri	Sat
8 :30 AM		Beginner Group Apparatus (TBD)		Beginner Group Apparatus (TBD)		
9 :30 AM		Intermediate Group Apparatus (Erin)	Intermediate Group Apparatus (Erin)	Intermediate Group Apparatus (Erin)		Open Level Group Apparatus (Erin)
10 :30 AM	Open Level Group Mat/Stretch (Florencia)				Open Level Group Mat/Stretch (Florencia)	Open Level Group Apparatus (Erin)
11 :30 AM		Beginner Group Apparatus (Jill)		Beginner Group Apparatus (Jill)		
5 :30 PM	Open Level Group Apparatus (Erin)		Open Level Group Apparatus (CJ)			
6 :30 PM	Intermediate Group Apparatus (Erin)	Intermediate Group Apparatus (CJ)	Intermediate Group Apparatus (CJ)	Intermediate Group Apparatus (Erin)		