

BOSTON BODYWORKS STUDIOS		PILATES, YOGA, AND GYROTONIC®				GROUP CLASS SCHEDULE	
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00					6:00-7:00 am Beg. Pilates Mat		
		7:00-8:00 am Beg. Pilates Mat		7:00-8:00 am Beg./ Int. Pilates Mat			
	8:00-9:00 am Beg. Pilates Mat			7:00-8:00 am Beg. GYROTONIC Tower			9:00-10:00 am Int Pilates Equipment
	9:00-10:00 am Int. GYROTONIC Tower		9:00-10:00 am Int. Pilates Equipment				9:00-10:00 am Int./ Adv. Pilates Mat
					10:00-11:00 am Int. Pilates Equipment	10:30-11:30 am Mommy & Me Pilates	10:00-11:00 am Int. Pilates Mat
NOON							11:30 - 1:00 am Ballet Barre with Steve
				1:45 pm GYROTONIC for Dancers <i>with Lisa</i>			
5:30		5:30-6:30 pm Beg. GYROKINESIS					
		6:30-7:30 pm Beg. Pilates Mat	6:30-7:30 pm GYROTONIC Tower	6:30-7:30 pm Int. Pilates Equipment			
		7:00-8:00 pm Beg. Pilates Equipment	7:00-8:00 pm Int. Pilates Equipment	6:30-7:30 pm Int. GYROTONIC Tower	7:00-8:00 pm Beg. GYROTONIC Tower		
			7:00-8:00 pm Beg. GYROKINESIS		7:00-8:00 pm Beg. Pilates Equipment		

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