



MITREA WELLNESS CENTER – SCHEDULE January 3rd – February 4th, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30	Equipment Class	Equipment Class	Equipment Class	Equipment Class	ELDOA		
8:45	Equipment Class	Equipment Class	Equipment Class	Equipment Class	Equipment Class	9:00 Equipment Class	
10:00	Equipment Class	Equipment Class	NEW! 30 min ABS CLASS + 45 min MFS Starting January 25 (6 weeks series) Please register	Equipment Class	Equipment Class	10:15 Equipment Class	10:15 Equipment Class
11:45	Equipment Class	Equipment Class	Equipment Class	Equipment Class	Equipment Class	11:30 Equipment Class	11:30 Equipment Class
1:00	Equipment Class	Equipment Class	Equipment Class	Equipment Class	Equipment Class	12:45 Equipment Class	12:45 Equipment Class
5:45	NEW! TONE AND SCULPT Starting January 9	ELDOA	NEW! STRESS RELEASE MEDITATION CLASS	NEW! MFS			
7:00	ELDOA	ELDOA	NEW! STRETCH&RELAX Starting January 4	TONE AND SCULPT			

416.487.3464, welcome@pilates-center.com

*PRIVATE SESSIONS AND PERSONAL PROGRAMS SCHEDULED BY REQUEST

*24 HOUR CANCELLATION POLICY IS STRICTLY OBSERVED

*** ALL CLASSES BY APPOINTMENT ONLY . PLEASE CALL OR EMAIL TO RESERVE YOUR SPOT!**