

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		7:30-8:30 am Beg. Pilates Equipment	
	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 Beg/Int.		9:00-10:00 am Int. Pilates Equipment		9:00-10:00 am Beg/Int. GYROTONIC Tower		9:00-10:00 am Int./ Adv. Pilates Mat
	9:00-10:00 am Int. GYROTONIC Tower		10:00-11:00 am Yamuna Body Rolling		10:00-11:00 am Int. Pilates Equipment	10:30-11:30 am Mommy & Me Pilates	10:00-11:00 am Int. Pilates Mat
	10:00-11:00 am pm Adv. GYROTONIC						
NOON							11:30 - 1:00 am Ballet Barre with Steve
				1:45 pm GYROTONIC for Dancers with Lisa			
5:30		5:30-6:30 pm Beg. GYROKINESIS		5:30-6:30 pm Int. Pilates Mat			
		6:30-7:30 pm Beg. Pilates Mat	6:30-7:30 pm Beg. GYROTONIC Tower	6:30-7:30 pm Int. GYROTONIC Tower			
			7:00-8:00 pm Int. Pilates Equipment	6:30-7:30 pm Int. GYROTONIC Tower	7:00-8:00 pm Beg. GYROTONIC Tower		
		7:30-8:30 pm Beg. Pilates Equipment	7:00-8:00 pm GYROKINESIS		7:00-8:00 pm Beg. Pilates Equipment		