

# Fall Schedule 2011 **Studio One** - starts September 12, 2011

Instructor Colours: **Taylor**, **Alison**, **Julie & Blandine**, **Alisa**, **Maria**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:30 am							
9:15 am							
9:30 am					Reformer 2	Mat 1/2	
10:00 am							
10:15 am						Mat 3	
10:30 am					Reformer 1		Mat 3
11:15 am						Reformer 2	
12:00 pm		Reformer 1	Reformer 2				
12:15 pm						Iron Maiden	
1:00 pm							
5:30 pm	Kettlebell			Mat 1			
6:30 pm	Advanced Mat	Mat 2	Mat 3	Small Group Mat 2			
7:30 pm	Advanced Mat	Mat 1/2	Mat 1/2	Reformer 2			
8:30 pm		Ballet Bootcamp	Kettlebell				