

Alexandria Studio
Summer Mat Session July 5-Sept 5, 2010

M	T	W	Th	F	Sa	Sun
					9:00A <i>Intermediate</i>	
10:15A Beginning	10:15A Beg/Int	10:00A Evolved Sculpt	10:15A Beg/Int	10:15A Beginning	10:00A <i>Advanced</i>	10:00 Yoga
11:15A Intermediate			<i>11:30-12:30P Barre Body</i>		11:00A <i>Beg-Beg/Int</i>	
	5:00 Beginning	5:00P Beginning			12:00P- Stretch	
6:15P Beginning	6:15P Evolved Sculpt	6:15P Intermediate	6:15P Advanced			
7:15P Intermediate	7:15P Beg/Int	7:15 Beginning	7:15P Beg/Int			
8:15P Beg/Int	8:15P Beginning	8:15 Beginning	8:15P Beginning			

Arlington Studio
Summer Mat Session July 5-Sept 5, 2010

M	T	W	Th	F	Sa	Sun
				6:15 AM Beg/B/I	9:00A Int/Adv	
		10:15A Beginning			10:00A Beginning	10:00A Beg-Beg/Int
12:15P Beg/Int	12:15P Beginning		12:15P Beginning	12:15P Intermediate	11:00A Beg/Int	11:00A Sunday Stretch
5:00 P Beginning	5:15 P Beginning	5:15 P Beginning			12:00P Beginning	
6:00P Bowen- McCauley Stretch	6:15P Beg/Int	6:15 Intermediate	6:15P Advanced	6:15P Beginning		4:00pm Int/Adv
7:15P Beginning	7:15P Intermediate	7:15P Beginning	7:15P Intermediate			
8:15P Beg/Int	8:15P Advanced	8:15P Beg/Int	8:15P Beginning			

BEGINNING: For students with no experience with Pilates. Also fine for injured or de-conditioned students.

BEGINNING/INTERMEDIATE: For students who have completed our Beginning level.

With Instructor's Permission to move forward:

INTERMEDIATE: For students who have completed our beginning/intermediate level.

INTERMEDIATE/ADVANCED: For students who have completed our Intermediate level.

ADVANCED: For strong intermediate students who want to move at a faster pace