

Instructor:
Linda Homer



DOWNEAST PILATES - SESSION SCHEDULE

101 Main Street, Southwest Harbor

April 15 – May 31

(6 weeks, NO CLASSES week of May 20-24)

SUNDAY	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Occasional weekend special classes. Call for schedule	Reformer / Mixed Apparatus* 8:30-9:30	Private / Semi-private Instruction	Private / Semi-private Instruction	Advanced Intermediate Mat 8:30-9:30	Private / Semi-private Instruction	Occasional weekend special classes. Call for schedule
	Tower Class* 10:00-11:00	Private / Semi-private Instruction	Reformer Class* 10:00-11:00	Beginner Mat Class* 10:00-11:00	Private / Semi-private Instruction	
	Open 11:15-12:15 (call for appointment)	Private / Semi-private Instruction	Open 11:15-12:15 (call for appointment)	Open 11:15-12:15 (call for appointment)	Open 11:15-12:15 (call for appointment)	
	Open 12:30-1:30 (call for appointment)	Private / Semi-private Instruction	Open 12:30-1:30 (call for appointment)	Private / Semi-private Instruction	Open 12:30-1:30 (call for appointment)	
	Reformer Class* 1:45-2:45	Private / Semi-private Instruction	Reformer Class* 1:45-2:45	Open 1:45-2:45 (call for appointment)	Open 1:45-2:45 (call for appointment)	
	Private / Semi-private Instruction	Open 3:00-4:00 (call for appointment)	Open 3:00-4:00 (call for appointment)	Private / Semi-private Instruction	Private / Semi-private Instruction	
	Reformer Class* 5:30-6:30	Open 4:15-5:15 (call for appointment)	Private / Semi-private Instruction	Tower Class* 5:30-6:30	Private / Semi-private Instruction	

NEW! Buff Bones® and Pilates at the Barre Classes now available -- call for details & availability.

***Classes in GREEN: Drop-ins MUST call ahead of time to ensure space is available**

(207) 229-3732

www.downeastpilates.net

Group classes subject to minimum enrollment.

No spot held until payment received.