

Instructor:
Linda Homer



DOWNEAST PILATES - SESSION SCHEDULE

101 Main Street, Southwest Harbor

Jan 3 – Feb 17, 2012
7 week session

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Occasional weekend special classes. Call for schedule	Advanced Intermediate Mat 8:30-9:30		Private / Semi-private Instruction	Advanced Intermediate Mat 8:30-9:30	Private / Semi-private Instruction	Occasional weekend special classes. Call for schedule
	Private / Semi-private Instruction		Reformer Class* 10:00-11:00	Private / Semi-private Instruction	Private / Semi-private Instruction	
	Beginner Mat 11:15-12:15		Private / Semi-private Instruction	Beginner Mat 11:15-12:15	Beginner Reformer Class* 11:15-12:15	
	Private / Semi-private Instruction		Beginner Reformer Class* 12:30-1:30	Open 12:30-1:30 (call for appointment)	Open 12:30-1:30 (call for appointment)	
	Beginner Reformer Class* 1:45-2:45		Beginner Reformer Class* 1:45-2:45	Open 1:45-2:45 (call for appointment)	Open 1:45-2:45 (call for appointment)	
	Open 3:00-4:00 (call for appointment)		Open 3:00-4:00 (call for appointment)	Private / Semi-private Instruction	Open 3:00-4:00 (call for appointment)	
	Intermediate Mat in Bar Harbor 4:45-5:45 <small>(call to see if space available)</small>		Open 4:30-5:30 (call for appointment)	Intermediate Mat in Bar Harbor 5:15-6:15 <small>(call to see if space available)</small>		
			Beginner Mat 6:00-7:00			
	Intermediate Reformer Class* 6:30-7:30					

NEW! Reformer classes now available -- call for details & availability.

*Drop ins: please call ahead of time to ensure space is available

Classes in RED: Drop ins welcome! Please come a few minutes early to fill out some paperwork before class (if this is your first time working out with us this year)

(207) 229-3732

www.downeastpilates.net

Group classes subject to minimum enrollment.

No spot held until payment received.