



CLASS SCHEDULE 2011 - 2012



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates Equipment 9:00 - 9:55 AM	Pilates Equipment 9:00 - 9:55 AM	Pilates Equipment 9:00 - 9:55 AM	Pilates Equipment 9:00 - 9:55 AM	Pilates Equipment 9:00 - 9:55 AM	Pilates Equipment 9:00 - 9:55 AM
Pilates Equipment 10:00 - 10:55 AM	Pilates Equipment 10:00 - 10:55 AM	Pilates Equipment 10:00 - 10:55 AM	Pilates Equipment 10:00 - 10:55 AM		Pilates Equipment 10:00 - 10:55 AM
					Pilates Equipment 11:00 - 11:55 AM
Pilates Equipment 5:30 - 6:25 PM	Pilates Equipment 5:30 - 6:25 PM	Pilates Equipment 5:30 - 6:25 PM	Pilates Equipment 5:30 - 6:25 PM		
Cardio Ropes 6:30 - 7:25 PM	Pilates Equipment 6:30 - 7:25 PM	Cardio Ropes 6:30 - 7:25 PM	Pilates Equipment 6:30 - 7:25 PM	50/50 (Half Ropes/Half Pilates) 6:00 - 6:55 PM	
		Pilates Equipment 7:30 - 8:25 PM		Latin Dancing 7:30 - 8:25 PM	

The **Pilates Equipment Class** incorporates exercises on the Reformer and Tower using small Pilates props. Clients new to the studio must complete at least one private session with a trainer before signing up for a class. Entrance into Pilates Equipment class at discretion of trainer.

The **Cardio Ropes Class** is a cardio-based core class that focuses on reaching maximum heart rate in minimal time and uses heavy nylon ropes, suspension straps and more (think MMA).

The **Pilates at the Barre Class** incorporates Pilates, Yoga, balancing, stretching and strengthening exercises at the ballet barre and on the mat. This class will have you balanced, centered and sculpted in no time! No dance background required. **Resumes in January.**

The **Cardio Dance Class**, L.A.'s hottest workout, is a combination of dance, hip-hop and aerobic exercises to the best music out there. Tracy Anderson, who trains Stars like Gwyneth Paltrow and Madonna, swears by this workout and so will you. No more mindless cardio on the treadmill... It's time to learn some moves, relieve stress and get that beach body! No dance background required. **Resumes in January.**

All classes and sessions are prepaid. Please visit lentspilates.com or email us at info@lentspilates.com for more info!

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