

CLASS SCHEDULE 2010


Monday

Tuesday

Wednesday

Thursday

Saturday

	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 12:00 - 12:55 PM	Pilates Equipment 12:00 - 12:55 PM	Pilates Equipment 12:00 - 12:55 PM	Pilates Equipment 12:00 - 12:55 PM	Cardio Ropes 12:00 - 12:55 PM
Pilates Equipment 6:00 - 6:55 PM	Pilates Equipment 6:00 - 6:55 PM	Pilates Equipment 6:00 - 6:55 PM	Pilates Equipment 6:00 - 6:55 PM	
Pilates Equipment 7:00 - 7:55 PM	Cardio Ropes 7:00 - 7:55 PM	Pilates Equipment 7:00 - 7:55 PM	Cardio Ropes 7:00 - 7:55 PM	

LOOK FOR MORE CARDIO ROPES CLASSES COMING SOON...

All classes and sessions are prepaid. The **Pilates Equipment Class** incorporates exercises on the Reformer, Tower and Mat using props such as mini-balls, magic circles, resistance bands and foam rollers. Clients new to the studio and Pilates must complete at least one private session with a Trainer before signing up for a **Pilates Equipment Class**.

The **NEW Cardio Ropes Class** is a cardio-based core class that focuses on reaching maximum heart rate in minimal time and uses nylon ropes, suspension straps and jump ropes in a circuit format. Please visit lentspilates.com for more info!

200 NE 2nd Ave Suite 104 Delray Beach, FL 33444 - 561.455.2751 - www.lentspilates.com