

Orchard Group Class Schedule - September 2010

Scheduled Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Scheduled Time
8:00-8:30am								8:00-8:30am
8:30-9:00am								8:30-9:00am
9:00-9:30am			Sun Beginner Reformer					9:00-9:30am
9:30-10:00am								9:30-10:00am
10:00-10:30am				Ilie Pre-natal		Dawn Intermediate Reformer		10:00-10:30am
10:30-11:00am							Daniel Beginner Reformer	10:30-11:00am
11:00-11:30am						Sun Pilates for Kids		11:00-11:30am
11:30-12:00pm							Daniel Intermediate Reformer	11:30-12:00pm
12:00-12:30pm						Daniel Tower Beginner		12:00-12:30pm
12:30-1:00pm		*New Danny Beginner Reformer			Michele Tower Beginner			12:30-1:00pm
1:00-1:30pm				Daniel Intermediate Reformer		Daniel Beginner Reformer		1:00-1:30pm
1:30-2:00pm								1:30-2:00pm
2:00-2:30pm								2:00-2:30pm
2:30-3:00pm						Daniel Tower Intermediate		2:30-3:00pm
3:00-3:30pm			Michele Beginner Reformer					3:00-3:30pm
3:30-4:00pm						Daniel Matwork Plus!		3:30-4:00pm
4:00-4:30pm								4:00-4:30pm
4:30-5:00pm								4:30-5:00pm
5:00-5:30pm								5:00-5:30pm
5:30-6:00pm								5:30-6:00pm
6:00-6:30pm								6:00-6:30pm
6:30-7:00pm		Danny Tower Beginner			Daniel Beginner Reformer			6:30-7:00pm
7:00-7:30pm			Daniel Intermediate/ Sports Conditioning					7:00-7:30pm
7:30-8:00pm	Daniel Beginner Reformer			Daniel Matwork Plus!	Daniel Tower Beginner			7:30-8:00pm
8:00-8:30pm								8:00-8:30pm
Remarks:	* Fundamental classes (group or private) must be attended before joining Open classes. (Pls contact Reception for schedule)		* 12 hrs notice required for cancellations .		* Join Tower Intro only after min. 10 Reformer classes			* Join Tower Intermediate after min. 3-4 Tower Beginner classes

