



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
Ask about our:  PINK RIBBON PROGRAM Post-Operative Workout Enhancing Recovery		FEBRUARY YOGA SPECIAL! ATTEND 2 CLASSES GET 1 FREE!		1 6 AM 8 AM 9 AM - CMP 9 AM 10AM	11 AM YOGA Mixed Levels 5 PM 6 PM 7 PM	2 9 AM 10 AM 4 PM 5 PM 6 PM 7 PM	3 6 AM 7 AM 8 AM 9 AM	9 AM BEYOND BARRE FIT 10 AM 6 PM	4 6:45 AM BootCamp Pilates 8 AM 9 AM 10 AM 11 AM ORIENTATION	
5	6 6 AM 7 AM 8 AM 9 AM 9 AM - CMP 10 AM 11AM YOGA Mixed Levels	4 PM MATERNITY 5 PM 6 PM 6 PM BEYOND BARRE FIT YOGA Mixed Levels	7 9 AM 10 AM 11 AM ADVANCED MAT 4 PM	5 PM 6 PM - CMP 6 PM 6 PM ORIENTATION 7 PM	8 6 AM 8 AM 9 AM - CMP 9 AM 10AM	11 AM YOGA Mixed Levels 4 PM 5 PM 6 PM 7 PM LULU LEMON SALES	9 9 AM 10 AM 4 PM 5 PM 6 PM 7 PM	10 6 AM BEYOND BARRE FIT 7 AM 8 AM 9 AM	9 AM BEYOND BARRE FIT 10 AM 6 PM	11 6:45 AM BootCamp Pilates 8 AM 9 AM 10 AM 11 AM ORIENTATION
12	13 6 AM 7 AM 8 AM 9 AM 9 AM - CMP 10 AM 11AM YOGA Mixed Levels	4 PM MATERNITY 5 PM 6 PM 6 PM BEYOND BARRE FIT YOGA Mixed Levels	14  9 AM 10 AM 11 AM ADVANCED MAT 4 PM	5 PM 6 PM - CMP 6 PM 6 PM ORIENTATION 7 PM	15 6 AM 8 AM 9 AM - CMP 9 AM 10AM	11 AM YOGA Mixed Levels 5 PM 6 PM 7 PM	16 9 AM 10 AM 4 PM 5 PM 6 PM 7 PM	17 6 AM 7 AM 8 AM 9 AM	9 AM BEYOND BARRE FIT 10 AM 6 PM	18 6:45 AM BootCamp Pilates 8 AM 9 AM 10 AM 11 AM ORIENTATION
19	20 6 AM 7 AM 8 AM 9 AM 9 AM - CMP 10 AM 11AM YOGA Mixed Levels	4 PM MATERNITY 5 PM 6 PM 6 PM BEYOND BARRE FIT YOGA Mixed Levels	21 9 AM 10 AM 11 AM ADVANCED MAT 4 PM	5 PM 6 PM - CMP 6 PM 6 PM ORIENTATION 7 PM	22 6 AM 8 AM 9 AM - CMP 9 AM 10AM	11 AM YOGA Mixed Levels 5 PM 6 PM 7 PM	23 9 AM 10 AM 4 PM 5 PM 6 PM 7 PM	24 6 AM BEYOND BARRE FIT 7 AM 8 AM 9 AM	9 AM BEYOND BARRE FIT 10 AM 6 PM	25 6:45 AM BootCamp Pilates 8 AM 9 AM 10 AM 11 AM ORIENTATION
26	27 6 AM 7 AM 8 AM 9 AM 9 AM - CMP 10 AM 11AM YOGA Mixed Levels	4 PM MATERNITY 5 PM 6 PM 6 PM BEYOND BARRE FIT YOGA Mixed Levels	28 9 AM 10 AM 11 AM ADVANCED MAT 4 PM	5 PM 6 PM - CMP 6 PM 6 PM ORIENTATION 7 PM	29 6 AM 8 AM 9 AM - CMP 9 AM 10AM	11 AM YOGA Mixed Levels 5 PM 6 PM 7 PM	Beyondbarre Fit Cardio-infused workout that uses classical ballet barre exercises to strengthen and develop long, lean muscles. Balls, bands and lite weights are also incorporated. CMP - Classical Mat Pilates			
ALL GROUP CLASSES ARE SUBJECT TO CHANGE. SYMMETRY PILATES MUST BE NOTIFIED 24 HOURS IN ADVANCE OF ALL CANCELLATIONS OR CHARGES WILL BE APPLIED PLEASE BE CONSIDERATE OF OTHERS IN YOUR GROUP AND ARRIVE ON TIME. THOSE ARRIVING AFTER THE WARM-UP WILL NOT BE PERMITTED TO JOIN A CLASS IN PROGRESS. ASK ABOUT OUR PINK RIBBON PROGRAM. CLASSES MAY BE PURCHASED AND SCHEDULED ON-LINE.						All clients new to Symmetry Pilates must attend an orientation session				