

# July 2010 - PC2 Pilates Schedule

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Instructors:</b> <b>Off-Island:</b> Lacy = Pink, Lindsay = Back in August <b>Regular classes:</b> Mieko = Black, Pam = Purple						
		Jessica = Orange				
	Lacy = Pink Lindsay = Back in August Mieko = Black Pam = Purple	Nicole = Green Mamiko = Red				
<b>4</b>	<b>5</b> 6am Ref 1030am Mat 2 5pm Mat/Ref	<b>6</b> 530am Ref 7am Mat 1030am Ref 1	<b>7</b> 6am Ref 1030am Ref 2 12pm Sweat Attack* 6pm Mat 2	<b>8</b> 530am Ref 7am Mat 1030am Mat 1 5pm Mat	<b>9</b> 6am Mat 2 5pm Ref	<b>10</b> 8am Ref 2 915am Mat 1030am Dance Fit* 1230 Sweat Attack*
<b>11</b> 9am Ref 1	<b>12</b> 6am Ref 1030am Mat 2 5pm Mat/Ref	<b>13</b> 530 Ref 7am Mat 1030am Ref 1	<b>14</b> 6am Ref 1030am Ref 2 12pm Sweat Attack* 6pm Mat 2	<b>15</b> 530am Ref 7am Mat 1030am Mat 1	<b>16</b> 6am Mat 2 5pm Ref	<b>17</b> 8am Ref 2 915am Mat 1030 Dance Fit* 1230 Sweat Attack*
<b>18</b> 9am Ref 1	<b>19</b> 6am Ref 1030am Mat 2 5pm Mat/Ref	<b>20</b> 530am Ref 7am Mat 1030am Ref 1	<b>21</b> 6am Ref 1030am Ref 2 12pm Sweat Attack* 6pm Mat 2	<b>22</b> 530am Ref 7am Mat 1030am Mat 1 5pm Mat	<b>23</b> 6am Mat 2 5pm Ref	<b>24</b> 8am Ref 2 915am Mat 1030 Dance Fit* 1230 Sweat Attack*
<b>25</b> 9am Ref 1	<b>26</b> 6am Ref 1030am Mat 2 5pm Mat/Ref	<b>27</b> 530am Ref 7am Mat 1030am Ref 1	<b>28</b> 6am Ref 1030am Ref 2 12pm Sweat Attack* 6pm Mat 2	<b>29</b> 530am Ref 7am Mat 1030am Mat 1 5pm Mat	<b>30</b> 6am Mat 2 5pm Ref	<b>31</b> 8am Ref 2 915am Mat 1030 Dance Fit* 1230 Sweat Attack*
<b>New Instructors! New Dance classes! New class times!</b>						
Dance classes will be held in the yoga room.						