

HEADON PILATES

Mat • Reformer • Bosu

SPRING 2013 PILATES SCHEDULE

APRIL 9 - JUNE 26
(no class MAY 18 & 20)

MONDAY (11wks)	6:30-7:30pm	MATWORK	ELYSE	\$242
	7:30-8:30pm	MAT/REF CIRCUIT	ELYSE	\$297
TUESDAY(12wks)	9:30-10:30am	REFORMER 2	DAWN	\$324
WEDNESDAY(12wks)	12:30-1:30pm	REFORMER 2	DAWN	\$324
	6:30-7:30pm	REF/MAT COMBO	DAWN	\$324
	7:30-8:30pm	BEGINNER MAT/REF	DAWN	\$324
FRIDAY (11wks)	9:30-10:30am	REFORMER 2	DAWN	\$297
SATURDAY (11wks)	10:00-11:00am	REFORMER 2	ELYSE	\$297

2 MAKE UP CLASSES CAN BE CARRIED OVER TO THE
NEXT SESSION WITH SUMMER REGISTRATION &
SPACE PERMITTING

SPACE IS LIMITED CALL OR EMAIL TODAY TO RESERVE YOUR SPOT
905 332 8265
DAWN@HEADONPILATES.COM

