



# the studio

where Yoga and Pilates meet under one roof



## Pilates schedule

Schedule from September 7th - October 30th, 2010

**lululemon**  **athletica**

exclusively in Whitehorse, Yukon at *the studio*

All classes pre-registered unless otherwise indicated in course description.

Highlighted Colours denotes class is twice a week. All classes last 55 minutes unless otherwise indicated.

Maximum number of participants for each course: 10. With the exception of spring classes: 12.

For registration details please refer to [thestudioyukon.com](http://thestudioyukon.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 am						beg. mat <b>FULL</b>
10:30 am						athletic conditioning reformer Myra <b>FULL</b>
11:30 am						beg. reformer class Myra <b>FULL</b>
Noon		springs Liz			advanced mat Myra <b>FULL</b>	12:30pm yogalates Myra
		advanced mat Myra				
4:30 pm	core strength <b>FULL</b>	springs Liz	core pilates w/props Myra	springs Liz	core strength Myra	2:00pm athletic conditioning reformer Myra <b>FULL</b>
	beg. pilates Roshean <b>FULL</b>	abs, butts & thighs Myra	beg. pilates Roshean <b>FULL</b>	up a notch Roshean		
5:30 pm	core strength Myra <b>FULL</b>	Yogalates Myra <b>FULL</b>	20-20-20 Myra <b>FULL</b>	park & rec. beginners Liz <b>FULL</b>	athletic conditioning reformer Myra <b>FULL</b>	
				fit/athletic stretch Myra		
6:30 pm	athletic conditioning reformer Myra <b>FULL</b>	athletic conditioning reformer Myra	athletic conditioning reformer Myra <b>FULL</b>	spring Liz <b>FULL</b>		
	beg. pilates Roshean <b>FULL</b>	up a notch Roshean	beg. pilates Roshean <b>FULL</b>	up a notch Roshean		
7:30 pm	beg. pilates Roshean	beg. pilates Roshean	beg. pilates Roshean	beg. pilates Roshean		