

Instructors:
 Analisa – Pilates
 Shelley – Sculpt
 Lorenzo – Hip Hop

SPRING SCHEDULE

April 14th – June 19th, 2010

For more information please contact us at
 604-512-5192 or analisa@pacificpilates.ca
 Mailing address: 1329 Esquimalt Ave, West Vancouver, BC V7T 1K5
 Please confirm the location of your class prior to your first day.



www.pacificpilates.ca
www.pacifichiphop.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:00 am						Pilates for Equestrians 9:00 – 10:00 am	9:00 am
10:00 am	Cardio Sculpt 9:15 – 10:15 am	Cardio Sculpt 9:15 – 10:15 am	Cardio Core Pilates 9:15 – 10:45 am	Cardio Sculpt 9:15 – 10:15 am	Pilates Circuit 9:15 – 10:15 am		10:00 am
11:00 am	Life Fitness 10:30 – 11:30 am	Cardio Sculpt 10:30 – 11:30 am		Cardio Sculpt 10:30 – 11:30 am	Pilates Circuit 10:30 – 11:30 am	Pilates for Hockey Moms 11:00 – noon	11:00 am
noon							noon
1:00 pm	Pilates Circuit noon – 1:00 pm		Pilates Circuit noon – 1:00 pm		Pilates Circuit noon – 1:00 pm		1:00 pm
2:00 pm	Pilates Circuit 1:30 – 2:30 pm		Pilates for Runners 1:30 – 2:30 pm		Pilates Circuit 1:30 – 2:30 pm		2:00 pm
3:00 pm							3:00 pm
4:00 pm	Pilates for Midget Hockey 3:30 – 4:30 pm	Hip Hop girls gr 5 3:30 – 4:30 pm	Pilates for Goalies 3:30 – 4:30 pm	Hip Hop girls gr 3 3:30 – 4:30 pm	Hip Hop girls gr 1 3:30 – 4:30 pm	Pilates for Midget Hockey 3:30 – 4:30 pm	4:00 pm
5:00 pm		Hip Hop girls gr 7 4:30 – 5:30 pm		Hip Hop boys gr 10 4:30 – 5:30 pm	Hip Hop girls gr 6 4:30 – 5:30 pm		5:00 pm
6:00 pm		Hip Hop available 5:30 – 6:30 pm	Pilates for Hockey Dads 1 5:15 – 6:15 pm	Hip Hop boys gr 4 5:30 – 6:30 pm			6:00 pm
7:00 pm			Pilates for Hockey Dads 2 6:30 – 7:30 pm				7:00 pm
8:00 pm							8:00 pm

Please note: Pilates classes require 48hr cancellation notice for eligibility for class credit.

Registration required for all classes