



THE BODY LAB
PILATES & YOGA STUDIO

February 2017

Register for classes online at www.bodylabwellness.net

Private Lessons Available! Call (607) 621-8285 or Email Bodylabwellness@gmail.com for Appointments or Questions

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:45am Pilates Barre	2 8:15am Mat Tower Chair	3 10:30am Beg Pilates Equip 5:30pm Pilates System 6:30pm Pilates System	4 8am 30min Pilates Equip 9am Pilates Mat
5 RATES: Pilates Mat \$15 10 mat classes \$120 (6 mo exp)	6 9: 30am Inter Equip 4:15pm Intro to Equip 5:30 30min Reformer 6:15pm Pilates Mat	7 9:45am Intro Pilates Equip 11am Pilates System 5:45pm Pilates Barre	8 9:45am Pilates Barre 5: 30pm 30 min Equip	9 8:15am Mat Tower Chair	10 10:30am Beg Pilates Equip 5:30pm Pilates System 6:30pm Pilates System	11 8am 30min Pilates Equip 9am Pilates Mat
12 Pilates Equipment \$22 5 Equip / \$100	13 9: 30am Inter Equip 4:15pm Intro to Equip 5:30 30min Reformer 6:15pm Pilates Mat	14 9:45am Intro Pilates Equip 11am Pilates System 5:45pm Pilates Barre 	15 9:45am Pilates Barre 5: 30pm 30 min Equip	16 8:15am Mat Tower Chair	17 10:30am Beg Pilates Equip 5:30pm Pilates System	18 8am 30min Pilates Equip 9am Pilates Mat
19 New client special 3 private lessons \$135	20 9: 30am Inter Equip 4:15pm Intro to Equip 5:30 30min Reformer 6:15pm Pilates Mat	21 9:45am Intro Pilates Equip 11am Pilates System 5:45pm Pilates Barre	22 9:45am Pilates Barre 5: 30pm 30 min Equip	23 8:15am Mat Tower Chair	24 10:30am Beg Pilates Equip 5:30pm Pilates System	25 8am 30min Pilates Equip 9am Pilates Mat
26 10 private lessons Only \$490 30 min reformer \$15/5 for \$60	27 9: 30am Inter Equip 4:15pm Intro to Equip 5:30 30min Reformer 6:15pm Pilates Mat	28 9:45am Intro Pilates Equip 11am Pilates System 5:45pm Pilates Barre				