


	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER
7am				7 to 8am Reformer Combo 2 Kelly OPEN				7 to 8am Reformer Combo 2 Kelly OPEN	<i>Winter Session November 2nd to December 19th 2009</i>			
8am												
9am	9 to 10am Yoga Flow Sarah OPEN	9 to 10am Reformer 2 Jacqueline			9 to 10am Therapeutic Yoga Jessica OPEN NEW				9 to 10am Yoga Flow Sarah OPEN			9 to 10am Reformer Combo 1
10am	10 to 11am Restorative Yoga Sarah OPEN	10 to 11am Reformer Combo 2 Kim OPEN				10 to 11am Reformer Combo 2 Kim OPEN	10 to 11am Fusion 2 Kim OPEN		10 to 11am Restorative Yoga Sarah OPEN		10 to 11am Mat 2 OPEN	
11am		11 to 12pm Reformer Combo 1 Kim				11 to 12pm Reformer Combo 1 Kim						11 to 12pm Reformer Combo 2
12pm												
1pm			1 to 2pm Mat Rehab Karen NEW					1 to 2pm Mat Rehab Karen NEW				1 to 2pm Teen Dancer's Jacqueline
2pm		NEW 2 to 3pm Reformer Foundations Karen <i>Start Nov 9th</i>						NEW 2 to 3pm Reformer Foundations Karen		2 to 3pm Reformer Combo 2 Leslie OPEN	 <p>Shelbourne PHYSICAL THERAPY <i>Health Solutions</i></p> <p>LEGEND Foundations Level 1 Level 2 Yoga *Rehab</p> <p>WANT TO BOOK A PRIVATE OR SEMI PRIVATE SESSION?</p> <p>Phone 250 598 9828 Email pilates@shelbournephysio.ca Visit our Website www.shelbournephysio.ca</p>	
3pm		3 to 4pm Reformer Combo 2 Kelly OPEN				3 to 4pm Reformer Combo 2 Kelly				3 to 4pm *Healthy Bones Leslie		
4pm	4 to 5pm Mat 1 Debby	4 to 5pm Reformer 1 Kelly		4 to 5pm *Reformer Rehab Karen	4 to 5pm Mat 1 Debby	4 to 5pm Reformer 1 Kelly		4 to 5pm *Reformer Rehab Karen				
5pm	5 to 6pm Mat 1 Debby OPEN	5 to 6pm Reformer Combo 2 Kim	5 to 6pm Mat 2 Leslie OPEN	5 to 6pm *Core Conditioning Program Kelly	5 to 6pm Mat 1 Debby OPEN	5 to 6pm Reformer Combo 2 Kim	5 to 6pm Mat 2 Leslie OPEN	5 to 6pm *Core Conditioning Program Kelly		5 to 6pm Reformer Combo 2 Leslie		
6pm	6 to 7pm Mat 2 Kim OPEN	6pm to 7pm Reformer 2 Debby OPEN	6pm to 7pm *Core Conditioning Program Karen	6pm to 7pm Reformer Combo 1 Leslie OPEN	6pm to 7pm Mat 2 Kim OPEN	6pm to 7pm Reformer 2 Debby	6pm to 7pm *Core Conditioning Program Karen	6pm to 7pm Reformer Combo 1 Leslie OPEN	6 to 7pm Therapeutic Yoga Jessica NEW			
7pm	7 to 8pm Mat 2 Debby OPEN		7pm to 8pm *Mat Rehab Karen		7 to 8pm Mat 2 Debby OPEN		7pm to 8pm *Mat Rehab Karen					