



## AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>August 1</b>	<b>Aug 2</b>	<b>Aug 3</b>	<b>Aug 4</b>	<b>Aug 5</b>	<b>Aug 6</b>
8:30 am Pilates Equip (KP) 8:30 am Reformer I/II (CK) 9:30 am Pilates Foundations(KP)  4:30 pm Small Equip (SS)	8:10 am Virtual Mat (KV)  9:45 am Reformer I/II (KV) 10:45 am Mixed Equip I/II (KV)	8:30 am Intro Reformer (CK)  9:30 a.m. Pilates Equip (KV) sub	7:30 a.m. Men's Pilates (KP) 8:10 am Virtual Mat (KV) 8:30 am Mat/Reformer I (CK) 9:45 Mixed Equipment II (KV) 10:45 Mixed Equipment I/II (KV) 4:30 pm Reformer I/II (KP)	8:30 am Intro Pilates Equip (KP)	8:00 a.m. Men's Pilates (KP)
<b>August 8</b>	<b>August 9</b>	<b>August 10</b>	<b>August 11</b>	<b>August 12</b>	<b>August 13</b>
8:30 am Pilates Equip (KP) 8:30 am Reformer I/II (CK) 9:30 am Pilates Foundations(KP)  4:30 pm Small Equip (KP)	8:10 am Virtual Mat (KV)  9:45 am Reformer I/II (KV) 10:45 am Mixed Equip I/II (KV)	8:30 am Intro Reformer (CK)  9:30 a.m. Pilates Equip (KV) sub	7:30 a.m. Men's Pilates (KP) 8:10 am Virtual Mat (KV) 8:30 am Mat/Reformer I (CK) 9:45 Mixed Equipment II (KV) 10:45 Mixed Equipment I/II (KV) 4:30 pm Reformer I/II (KP)	8:30 am Intro Pilates Equip (KP)	8:00 a.m. Men's Pilates (KP)  10:00 a.m. Hybrid Oov ®
<b>August 15</b>	<b>August 16</b>	<b>August 17</b>	<b>August 18</b>	<b>August 19</b>	<b>August 20</b>
8:30 am Pilates Equip (KP) 8:30 am Reformer I/II (CK) 9:30 am Pilates Foundations(KP)  4:30 pm Small Equip (KP)	8:10 am Virtual Mat (KV)  9:45 am Reformer I/II (KV) 10:45 am Mixed Equip I/II (KV)	8:30 am Intro Reformer (CK)  9:30 a.m. Pilates Equip (KP) sub	7:30 a.m. Men's Pilates (KP) 8:10 am Virtual Mat (KV) 8:30 am Mat/Reformer I (CK) 9:45 Mixed Equipment II (KV) 10:45 Mixed Equipment I/II (KV) 4:30 pm Reformer I/II (KP)	8:30 am Intro Pilates Equip (KP)	8:00 a.m. Men's Pilates (KP)  IB Pilates ® Teacher Training - Practice opportunity
<b>August 22</b>	<b>August 23</b>	<b>August 24</b>	<b>August 25</b>	<b>August 26</b>	<b>August 27</b>
8:30 am Pilates Equip (KP) 8:30 am Reformer I/II (CK) 9:30 am Pilates Foundations(KP)  4:30 pm Small Equip (KP)	8:10 am Virtual Mat (KV)  9:45 am Reformer I/II (KV) 10:45 am Mixed Equip I/II (KV)	8:30 am Intro Reformer (CK)  9:30 a.m. Pilates Equip (PL)	7:30 a.m. Men's Pilates (KP) 8:10 am Virtual Mat (KV) 8:30 am Mat/Reformer I (CK) 9:45 Mixed Equipment II (KV) 10:45 Mixed Equipment I/II (KV) 4:30 pm Reformer I/II (KP)	8:30 am Intro Pilates Equip (KP)	8:00 a.m. Men's Pilates (KP)
<b>August 29</b>	<b>August 30</b>				
8:30 am Pilates Equip (KP) 8:30 am Reformer I/II (CK) 9:30 am Pilates Foundations(KP)  4:30 pm Small Equip (KP)	8:10 am Virtual Mat (KV)  9:45 am Reformer I/II (KV) 10:45 am Mixed Equip I/II (KV)	Kathy Perry, Owner, MS, NCPI® Claire Klein, MS, PT, Level I Certif. Kristen Veltkamp, MS, PT, CSCS, NCPI® Pamela Lessenberry, NCPI®  <a href="http://www.absolutelypilates.org">www.absolutelypilates.org</a>			