



## ABSOLUTELY PILATES CLASS SCHEDULE

Time	Class Type	Class Level	Instructor
<b>Monday</b>			
8:30 am	Pilates Mixed Equipment	Level I/II	Kathy Perry
9:30 am	Pilates Mixed Equipment	All Levels	Kathy Perry
4:30 pm	Pilates Mixed Equipment	Level I/II	Liz Stevenson
5:30 pm	Pilates Mixed Equipment	Level I/II	Liz Stevenson
<b>Tuesday</b>			
8:10 am	Virtual Pilates w/Small Equip	All Levels	Kristen Veltkamp
9:45 am	Pilates Mixed Equipment	Level II	Kristen Veltkamp
10:45 am	Pilates Mixed Equipment	Level I/II	Kristen Veltkamp
<b>Wednesday</b>			
8:30 am	Pilates Reformer	All Levels	Kathy Perry
9:30 am	Pilates Mixed Equipment	Level II	Pamela Lessenberry
<b>Thursday</b>			
7:30 am	Men's Pilates	All Levels	Kathy Perry
8:10 am	Virtual Pilates w/Small Equip	All Levels	Kristen Veltkamp
9:45 am	Pilates Mixed Equipment	Level II	Kristen Veltkamp
10:45 am	Pilates Mixed Equipment	Level I/II	Kristen Veltkamp
4:30 pm	Pilates Mixed Equipment	Level I/II	Kathy Perry
5:30 pm	Pilates Mixed Equipment	Level II	Kathy Perry
<b>Friday</b>			
8:30 am	Pilates Mixed Equipment	Level I/II	Kathy Perry
10:30 am*	DECEMBER 30 <sup>TH</sup> CIRCUIT	All Levels	Kristen Veltkamp
<b>Saturday</b>			
8:00 am	Men's Pilates	All Levels	Kathy Perry
<b>Sunday</b>			
	TBA*		

Kathy Perry, MS, NCPI-PMA® Studio Owner

Pamela Lessenberry NCPI-PMA®

Kristen Veltkamp, MS, PT, NCPI-PMA® Integrated Balance Education/IB Pilates Director

Liz Stevenson, Pilates Apprentice

Claire Klein, MS, PT Mat/Reformer Pilates Certified Instructor