



OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October 3	October 4	October 5	October 6	October 7	October 8
FALL BREAK 8:30 am Pilates Equip (KP) 8:30 am Reformer I/II (CK) 9:30 am Pilates Foundations(KP) 9:30 am Mixed Equip (KP) 4:30 pm Mixed Equip (KP) 5:30 pm Mixed Equip (KP)	FALL BREAK 8:10 am Virtual Mat (KV) 9:45 am Mixed Equip II (KV) 10:45 am Mixed Equip I/II (KV)	FALL BREAK 8:30 am Mixed Equip (KP)	FALL BREAK 7:30 a.m. Men's Pilates (KP) 8:30 am Mat/Reformer I (CK) 4:30 pm Reformer I/II (KP) 5:30 pm Mixed Equip (KP)	FALL BREAK 8:30 am Intro Pilates Equip (KP)	FALL BREAK 8:00 a.m. Men's Pilates (KP)
10	11	12	13	14	15
8:30 am Pilates Equip (KP) 8:30 am Reformer I/II (CK) 9:30 am Pilates Foundations(KP) 9:30 am Mixed Equip (KP) 4:30 pm Mixed Equip (KP) 5:30 pm Mixed Equip (KP)	8:30 am Studio Mat & Small Equip with Virtual Option (KV) NEW! 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) 5:30 pm Mixed Equip (KP)	9:00 am Pilates Equip (CK) SUB	8:00 a.m. Men's Pilates (KP)
17	18	19	20	21	22
8:30 am Pilates Equip (KP) 8:30 am Reformer I/II (CK) 9:30 am Pilates Foundations(KP) 9:30 am Mixed Equip (KP) 4:30 pm Mixed Equip (KV) SUB	8:30 am Studio Mat & Small Equip with Virtual Option (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 II (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 (KV) SUB	9:00 am Pilates Equip (CK) SUB	8:00 a.m. Men's Pilates (KP)
24	25	26	27	28	29
8:30 am Pilates Equip (KP) 8:30 am Reformer I/II (CK) 9:30 am Pilates Foundations(KP) 9:30 am Mixed Equip (KP) 4:30 pm Mixed Equip (KP) 5:30 pm Mixed Equip (KP)	8:30 am Studio Mat & Small Equip with Virtual Option (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 II (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) 5:30 pm Mixed Equip (KP)	8:30 am Intro Pilates Equip (KP)	8:00 a.m. Men's Pilates (KP)
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HAPPY HALLOWEEN 8:30 am Pilates Equip (KP) 8:30 am Reformer I/II (CK) 9:30 am Pilates Foundations(KP) 9:30 am Mixed Equip (KP) 4:30 pm Mixed Equipment (KP)	Wear a costume for classes on Halloween and you will be entered to win a \$50 gift card to the studio!	Kathy Perry, Owner, MS, NCPI® Claire Klein, MS, PT, Level I Certif. Kristen Veltkamp, MS, PT, CSCS, NCPI® Pamela Lessenberry, NCPI® www.absolutelypilates.org			