



ENERGY

pilates infused fitness

JANUARY & FEBRUARY 2012

(January 9th to March 3rd)

studio: 946-6006

email: info@energycayman.com

PILATES MATWORK & TRX™ CLASSES

(pre-registration)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9am TRX™ CIRCUIT TRAINING <i>Colleen</i>		9am TRX™ BODY BLAST <i>Colleen</i>		9am TRX™ CIRCUIT TRAINING <i>Emma</i>	9am PRENATAL PILATES <i>Deanna</i>
					10am TRX™ CIRCUIT TRAINING <i>Colleen</i>
	5:30pm PILATES TOOLS <i>Deanna</i>	5:30pm TRX™ BODY BLAST <i>Colleen</i>	5:30pm PILATES ON A ROLL <i>Colleen</i>	EXPERIENCE THE BEST IN CORE TRAINING! STOTT™ PILATES MATWORK CLASSES AND TRX™ SUSPENSION TRAINING CLASSES	
6:30pm PILATES CIRCUIT <i>Colleen</i>	6:30pm TRX™ CIRCUIT TRAINING <i>Deanna</i>	6:30pm PILATES TOOLS <i>Colleen</i>	6:30pm TRX™ STRETCH <i>Deanna</i>		
7:30pm TRX™ BODY BLAST <i>Emma</i>			7:30pm TRX™ CIRCUIT TRAINING <i>Emma</i>		

ENERGY LUNCH EXPRESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:15pm-1pm ENERGY SCULPT <i>Deanna</i>	12:15pm-1pm PILATES BALANCE <i>Colleen</i>	12:15pm-1pm CORE CIRCUIT <i>Deanna</i>	12:15pm-1pm PURE ZEN <i>Colleen</i>	\$100 EXPRESS PASS all the lunch classes you want for one month!	

GROUP REFORMER CLASSES

(pre-registration)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10am JUMPBOARD INTERVAL <i>Colleen</i>		10am REFORMER CIRCUIT <i>Colleen</i>		10am GROUP REFORMER <i>Deanna</i>
5:30pm GROUP REFORMER <i>Colleen</i>	5:30pm JUMPBOARD INTERVAL <i>Colleen</i>	5:30pm GROUP REFORMER <i>Deanna</i>	5:30pm GROUP REFORMER <i>Deanna</i>	CAN'T FIND A CLASS THAT FITS YOUR SCHEDULE? CALL US AND ASK ABOUT ARRANGING YOUR OWN CLASS AT YOUR OWN TIME!	
	6:30pm REFORMER CIRCUIT <i>Colleen</i>	6:30pm JUMPBOARD INTERVAL <i>Deanna</i>	6:30pm REFORMER CIRCUIT <i>Colleen</i>		