



# studio on main

pilates • yoga • dance • fitness

~committed to the ART of MIND, BODY & SPIRIT~

## happy spring . . . schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Zumba is OFF the schedule, sorry for the inconvenience.            Additional Cardio/Dance &amp; Yoga classes will be added soon!</b>						
8:00 a.m.			<b>8:30 BALL Body Sculpting</b>			
9:00 a.m.	<b>Intermediate Pilates</b>	Callanetics w/Jean			<b>Pilates Sculpt</b>	<b>Body Sculpting on the BALL</b>
10:00 a.m.	<b>Gentle Pilates</b>				<b>Gentle Pilates</b>	Callanetics w/Jean
11:15 a.m.	<b>Aqua @ Harbor Lights</b>				<b>Aqua @ Harbor Lights</b>	
4:15 p.m.			<b>Basic Pilates</b>			<b>Sunday Private Yoga, Callanetics or Pilates Classes available by appointment!</b>
5:30 p.m.	<b>Pilates</b>		<b>Pilates</b>	REIKI w/Nikki APRIL 28TH Call to register!		
6:30 p.m.	Hatha Yoga w/ Kari		Yin Yoga & Meditation w/Kari			

**Massage, Private Pilates (Mat, Reformer & Tower) Yoga & Fitness Training available by appointment!**

Please confirm class schedule online @

**[www.StudioOnMain.biz](http://www.StudioOnMain.biz) or e-mail [Anna@StudioOnMain.biz](mailto:Anna@StudioOnMain.biz)**

Interested in classes and times not listed - - early mornings? Please let us know! **(231) 383-1885**

