



# studio on main

pilates • yoga • dance • fitness

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

current schedule through November 12th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--	--------	---------	-----------	----------	--------	----------

**Classes will be held above the Frankfort Deli through November 12th**

Please let us know what type of classes you like to attend, the days of week, and times you prefer.  
We are adding a variety of classes and we appreciate your requests!

9:00 a.m.		Callanetics w/Jean		Callanetics w/Jean		Body Sculpting on the BALL
10:00 a.m.	Gentle Pilates		Basic Pilates		Gentle Pilates	Callanetics w/Jean
5:30 p.m.	Pilates					
6:30 p.m.	Hatha Yoga w/ Kari					

**Classes begin Nov 14th in new location!**  
**Open House Nov 12th 4-7 pm at the New Art Center**

Confirm class schedule online @ [StudioOnMain.biz](http://StudioOnMain.biz)

e-mail [Anna@StudioOnMain.biz](mailto:Anna@StudioOnMain.biz) or phone (231) 383-1885

