


# NEW YEAR'S SCHEDULE \*

January 9 to March 3, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7h30					
APPARATUS intermediate Lisa Pelletier	MAT open to all Maude Royer	MAT intermediate Lisa Pelletier	APPARATUS open to all Mélinna Tremblay	MAT open to all Maude Royer	
10h30					10h00
APPARATUS open to all Alex Richardson	MAT open to all Maude Royer	APPARATUS open to all Diana Gonzalez	MAT open to all Marie - Josée Packwood	BUTTOCKS AND CORE intermédiaire Mélinna Tremblay	APPARATUS intermediate Maude Royer
12h15					12h00
MAT open to all Alex Richardson	MAT intermediate Roxane Joubert	MAT open to all Lisa Pelletier	MAT intermediate Marie - Josée Packwood	STRENGTH PILATES intermediate Mélinna Tremblay	APPARATUS open to all Alicia Smithers
APPARATUS intermediate Roxane Joubert	APPARATUS open to all Maude Royer	APPARATUS intermediate Fernando Bortoloni	APPARATUS open to all Fernando Bortoloni	APPARATUS intermediate Diana Gonzalez	
QUARTET intermediate Mélinna Castonguay		QUARTET intermediate Alicia Smithers	QUARTET advanced Roxane Joubert		
13h15					13h00
	PILATES POSTURE & OSTEOPOROSIS open to all Roxane Joubert		PILATES POSTURE & OSTEOPOROSIS open to all M. Castonguay		CORE CONDITIONNING ON MAT open to all Alicia Smithers
16h30					
APPARATUS open to all Joanne Parent	APPARATUS intermediate Diana Gonzalez	APPARATUS intermediate A. Smithers <b>GYROKINESIS®</b> intermediate M. Castonguay		APPARATUS open to all Diana Gonzalez	
17h30					
MAT intermediate Joanne Parent	MAT open to all Roxane Joubert	BUTTOCKS & CORE intermediate Maude Tessier	MAT open to all Diana Gonzalez	MAT intermediate Diana Gonzalez	 ANN McMILLAN PILATES CENTRE-VILLE MONTRÉAL
APPARATUS open to all Maude Royer	APPARATUS intermediate Diana Gonzalez	APPARATUS open to all M. Castonguay  QUARTET open to all Fernando Bortoloni	APPARATUS intermediate Marie-Josée Packwood		
18h30					
BUTTOCKS AND CORE intermédiaire M. Tremblay	MAT open to all Mélinna Castonguay	PILATES BALL intermediate Maude Tessier	MAT open to all Alicia Smithers		
APPARATUS open to all Joanne Parent	APPARATUS intermediate Fernando Bortoloni	APPARATUS open to all Fernando Bortoloni	APPARATUS intermediate Diana Gonzalez  QUARTET intermediate M-J Packwood		

\*Subject to change