



THE BODY LAB
PILATES & YOGA STUDIO

June 2017

Register for classes online at www.bodylabwellness.net

Private Lessons Available! Call (607) 621-8285 or Email Bodylabwellness@gmail.com for Appointments or Questions

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 8:15am Mat Tower Chair	2 10:30am Pilates Equip 5:30pm Pilates Equipment 6:30pm Pilates System	3 8am 30min Pilates Equip 9am Pilates Mat 10:30am Yoga
4 RATES: Pilates Mat \$15 10 mat classes \$120 (6 mo exp)	5 9:30am Inter Equip 4:15pm Beg Pilates Equip 5:30 30min Reformer 6:15pm Pilates Mat	6 9:45am Pilates Equip 11am Pilates System 5:45pm PiYo	7 9:30am Pilates Equip 5:30pm 30 min Equip 6:05pm 30 min Equip	8 8:15am Mat Tower Chair	9 10:30am Pilates Equip 5:30pm Pilates Equipment 6:30pm Pilates System	10 9am Pilates Mat 10:30am Yoga
11 <i>New client special</i> 3 private lessons \$135	12 9:30am Inter Equip 6:15pm Pilates Mat	13 9:45am Pilates Equip 11am Pilates System 5:45pm PiYo	14 5:30pm 30 min Equip 6:05pm 30 min Equip	15 8:15am Mat Tower Chair 5:30pm Intro Pilates Equip	16	17 9am Pilates Mat 10:30am Yoga
18 Pilates Equipment \$22 5 Equip / \$100 	19 9:30am Inter Equip 4:15pm Beg Pilates Equip 5:30 30min Reformer 6:15pm Pilates Mat	20 9:45am Pilates Equip 11am Pilates System 5:45pm PiYo 	21 5:30pm 30 min Equip 6:05pm 30 min Equip	22 8:15am Mat Tower Chair 5:30pm Intro Pilates Equip	23 10:30am Pilates Equip 5:30pm Pilates Equipment	24 8am 30min Pilates Equip 9am Pilates Mat 10:30am Yoga
25 10 private lessons Only \$490 30 min reformer \$15/5 for \$60	26 9:30am Inter Equip 4:15pm Beg Pilates Equip 5:30 30min Reformer 6:15pm Pilates Mat	27 9:45am Pilates Equip 11am Pilates System 5:45pm PiYo	28 5:30pm 30 min Equip 6:05pm 30 min Equip	29 8:15am Mat Tower Chair 5:30pm Intro Pilates Equip	30 10:30am Pilates Equip 5:30pm Pilates Equipment	