

MOTION MATTERS EXERCISE AND REHABILITATION CENTRE

Class Schedule January to June 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00am	RetroFit Joelle Segers (10 - 11am)				
11:00am					
12:00pm		Pilates Intermediate I Joelle Segers (12-1pm)	Pilates Beginner I Joelle Segers (12-1pm)	Pilates Intermediate II Joelle Segers (12-1pm)	Pilates Open Class Wendy Miller (12-1pm)
1:00pm					
2:00pm					
3:00pm					
4:00pm					
5:00pm			Pilates Beginner II Joelle Segers (5:15-6:15pm)		Pilates Modification Class Joelle Segers (5:15-6:15pm)
6:00pm	Qiqong Joelle Segers (5:15-6:30pm)	Pilates Intermediate Wendy Miller (6-7pm)	Tai Chi Chung Ming Tam (6:15-7:30pm)	Pilates Beginner Wendy Miller (5:45-6:45pm)	
7:00pm					