

PILATES ISLAND STUDIO 2017 SCHEDULE

MON	TUES	WED	THUR	FRI	SAT
8:30 GROUP REFORMER	8:30 60' PRIVATE	8:30 GROUP REFORMER	8:00 60' PRIVATE	8:30 CIRCUIT TRAINING	8:30 30' PRIVATE
9:30 LAID BACK MAT	9:30 60' PRIVATE	9:30 LAID BACK MAT	9:00 60' PRIVATE	9:30 LAID BACK MAT	9:00 60' PRIVATE
10:30 PILATES MAT	10:30 GROUP REFORMER	10:30 30' PRIVATE	10:00 BOSU	10:30 30' PRIVATE	10:00 PILATES MAT
11:30 60' PRIVATE	11:30 GROUP REFORMER	11:00 30' PRIVATE	11:00 GROUP REFORMER	11:00-1:00 PRIVATE	11:00 GROUP REFORMER
12:30-2:00 PRIVATE	2:30 PILATES MAT	11:30-1:00 PRIVATE	12:00-2:00 PRIVATE	2:30 PILATES MAT	12:00 30' PRIVATE
4:30 30' PRIVATE	<i>Precision</i>	4:30 GROUP REFORMER	4:30 30' PRIVATE	<i>Control</i>	12:30 60' PRIVATE
5:00 30' PRIVATE	5:00 30' PRIVATE	<i>Breathing</i>	5:00 30' PRIVATE	4:30-5:30 PRIVATE	<i>Have</i>
5:30 INTERMEDIATE	5:30 GROUP REFORMER	5:30 BOSU	5:30 60' PRIVATE	5:30 INTERMEDIATE	<i>a</i>
6:30 30' PRIVATE	6:30 30' PRIVATE	<i>Powerhouse</i>	6:30 30' PRIVATE	6:30 GROUP REFORMER	<i>Great</i>
7:00 GROUP REFORMER	7:00 PILATES MAT	<i>Fluidity</i>	7:00 PILATES MAT	<i>Concentration</i>	<i>Weekend</i>

WWW.PILATESISLAND.COM 200 BUTTERCUP CREEK BLVD CEDAR PARK, TX 78613 (512) 888-4496
PLEASE CALL TO CHECK AVAILABILITY OR BOOK ONLINE

PILATES ISLAND STUDIO 2017 PRICES AND PACKAGES

PRIVATE SESSIONS <small>INCLUDE MAT REFORMER CADILLAC AND CHAIRS</small>		
30 MINS	PRIVATE	\$30
1 HOUR	PRIVATE	\$55
1 HOUR	DUET	\$40
10 HOURS	PRIVATE	\$500
10 HOURS	DUET	\$350

OPEN MON - FRI
8:30AM - 8:00PM
SATURDAY 8:30AM - 2:00PM
CLOSED SUNDAYS

HOURS MAY VARY
PLEASE CALL FOR AVAILABILITY

Annual Registration
and Insurance Fee \$50

You will not be charged
for Holidays or
days we are closed.

GROUP MAT CLASSES <small>INCLUDE MAT AND SMALL PROPS</small>		
1 MONTH	\$110	\$8/HR
3 MONTHS	\$300	\$7/HR
DROP IN	\$12	\$12/HR

YOU MAY ATTEND UP TO 3 CLASSES A WEEK

GROUP REFORMER / CIRCUIT 6 PERSON MAX PER INSTRUCTOR <small>INCLUDE - CHAIR - LADDER BARREL SPINE CORRECTOR - PED-O-PULL & TRX</small>		
1 HOUR	\$25	QUARTET+
10 HOURS	\$210	QUARTET+

"The First Week is On Us."