

## **LUMINA ~ Mat Pilates Class Schedule**

522 Boston Post Rd • Wayland • (508) 358-6022

Mon 6:00am-9:00pm  
 Tuesday-Thursday 6:00am-8:00pm  
 Friday 6:00am-6:00pm  
 Saturday 7:00am-2:00pm  
 Sunday 8:00am-12:00pm  
**April 18 – June 16, 2008**

All Mat Classes are included in your yearly membership.  
 Non-members can attend mat classes for \$15/day.

***Please inquire about Pilates on the Reformer in our Stott Pilates Studio***

Please see *home page* or *yoga page* for full class schedule.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	7:45-8:45am <b>Stott Mat Pilates</b> (Kay)			6:30-7:30am <b>Pilates</b> (Sandra)	7:45-8:30am <b>Pilates</b> (Linda W.)
10:00 – 11:00am <b>Pilates</b> (Linda W)		11:05-11:50pm <b>Pilates</b> (Linda W.)	9:15-10:15am <b>Pilates</b> (Judy B.)	11:00-12:00 <b>Pilates</b> (Linda W.)	8:45-9:30am <b>Pilates</b> (Linda W.)
		4:30-5:30pm <b>Stott Mat Pilates</b> (Linda S.)	5:00-6:00pm <b>Pilates</b> (Sandra)		
		7:00-7:45pm <b>Pilates</b> (Sandra) Conference room			<b>Sunday</b>
					8:00 – 9:00am <b>Pilates</b> (Sandra)
					10:45 – 11:45am <b>Stott Pilates</b> (Kay/Debbie)