

CHELSEA STUDIO CLASS SCHEDULE

49 WEST 23RD STREET 2ND FLOOR [BTW 5TH & 6TH AVE] NY, NY 10010 PH 212.627.5852

HOURS MON-FRI 7:00AM-8:30PM SAT 9:00AM-6:00PM SUN 10:00AM-3:00PM



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00-8:00 am Open Pilates Mat Tyler C.	9:00-10:00am Intermediate Mat Silvia		7:30-8:30 am Open Pilates Mat Meira	10:00-11:00am Open Pilates Mat Cortnie	
		*11:00-12:00 pm Pilates Tower Silvia		11:00-12:00 pm Open Pilates Mat Meira	11:00-12:00 pm Open Pilates Mat Juan	11:00-12:00 pm Open Pilates Mat Stephanie I
12:00-1:00 pm Open Pilates Mat Apu	12:00-1:00 pm Open Pilates Mat Susan	12:00-12:45 pm Intro to Pilates Mat Enja	12:00-1:00 pm Open Pilates Mat Anna	12:00-1:00 pm Open Pilates Mat Susan	*11:00-12:00 pm Pilates Tower Cortnie	*12:00-1:00 pm Pilates Tower Stephanie I
					12:00-12:45 pm Intro to Pilates Mat Stephanie I	12:00-12:45 pm Intro to Pilates Mat Justin
1:00-2:00 pm Magic Circle Mat Enja	*1:00-2:00 pm Pilates Tower Susan	12:30-1:30 pm Open Pilates Mat Carrie	*1:00-2:00 pm Pilates Tower Carrie	*1:00-2:00 pm Pilates Tower Carrie		1:00-2:00 pm Power Pilates One Shot Mat™ - Juan
*1:00-2:00 pm Pilates Tower Carrie		2:00-3:00 pm Power Pilates One Shot Mat™ - Elaine			2:00-3:00 pm Open Pilates Mat Juan	2:00-3:00 pm Open Pilates Mat Stephanie I
3:00-4:00 pm Open Pilates Mat Elaine	3:00-4:00 pm Open Pilates Mat Kate	3:00-4:00 pm Open Pilates Mat Stephanie I	3:00-4:00 pm Advanced Mat Susan	3:00-4:00 pm Open Pilates Mat Carrie	*3:00-4:00 pm Pilates Tower Cortnie	
5:00-5:45 Apprentice Practice Open Mat	5:00-5:45 Apprentice Practice Open Mat	5:15-6:15 pm Beginner Pilates Mat Apu	5:30-6:00 pm Pilates Express Megan K	5:00-5:45 Apprentice Practice Open Mat	4:00-5:00 pm Open Pilates Mat Juan	
6:00-6:45 pm Intro to Pilates Mat Dani	6:00-7:00 pm Open Pilates Mat Jennifer	*6:00-7:00 pm Pilates Tower Juan		6:00-7:00 pm Open Pilates Mat Judy		
6:30-7:30 pm Open Pilates Mat Anna	6:00-6:45 pm Intro to Pilates Mat Tyler C.	6:15-7:15 pm Open Pilates Mat Apu	6:30-7:30 pm Open Pilates Mat Ashley	6:30-7:30 pm Power Pilates One Shot Mat™ - Juan		
7:00-7:45 pm Intro to Pilates Mat Dani	7:00-8:00 pm Open Mat w/Magic Circle Jennifer		6:30-7:15 pm Intro to Pilates Mat Megan	*7:00-8:00 pm Pilates Tower Judy		
*7:30-8:30 pm Pilates Tower Anna			*7:30-8:30 pm Pilates Tower Ashley			

UPDATED 03-12-10