



Passport to Health Demo Schedule

Thursday, February 1 - Thursday, March 15

DATE	TIME	CLASS	LOCATION
FEBRUARY 1	10:30am - 11:00am	Pilates Demo	Pilates Studio
FEBRUARY 2	6:00am - 6:30am 11:00am - 11:30am	Pilates Demo	Pilates Studio
FEBRUARY 3	7:30am - 8:00am	Pilates Demo	Pilates Studio
FEBRUARY 4	11:30am - 12:00pm	Pilates Demo	Pilates Studio
FEBRUARY 5	9:00am - 9:30am 5:30pm - 6:00pm	Pilates Demo	Pilates Studio
FEBRUARY 6	7:00am - 7:30am 6:00pm - 6:30pm	Pilates Demo	Pilates Studio
FEBRUARY 7	11:00am - 11:30am 5:00pm - 5:30pm	Pilates Demo	Pilates Studio
FEBRUARY 8	7:00am - 7:30am 10:30am - 11:00am 4:00pm - 4:30pm	Pilates Demo	Pilates Studio
FEBRUARY 9	8:00am - 8:30am 11:00am - 11:30am	Pilates Demo	Pilates Studio
FEBRUARY 10	7:15am - 7:45am 11:30am - 12:00pm	Pilates Demo	Pilates Studio
FEBRUARY 11	11:30am - 12:00pm	Pilates Demo	Pilates Studio



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DATE	TIME	CLASS	LOCATION
FEBRUARY 12	9:00am - 9:30am 5:30am - 6:00am	Pilates Demo	Pilates Studio
FEBRUARY 13	7:00am - 7:30am 6:00am - 6:30am	Pilates Demo	Pilates Studio
FEBRUARY 14	11:00am - 11:30am 5:00pm - 5:30pm	Pilates Demo	Pilates Studio
FEBRUARY 15	7:00am - 7:30am 10:30am - 11:00am 4:00pm - 4:30pm	Pilates Demo	Pilates Studio
FEBRUARY 16	8:00am - 8:30am 11:00am - 11:30am	Pilates Demo	Pilates Studio
FEBRUARY 17	7:15am - 7:45am 11:30am - 12:00pm	Pilates Demo	Pilates Studio
FEBRUARY 18	11:30am - 12:00pm	Pilates Demo	Pilates Studio
FEBRUARY 19	9:00am - 9:30am	Pilates Demo	Pilates Studio
FEBRUARY 20	7:00am - 7:30am 6:00pm - 6:30pm	Pilates Demo	Pilates Studio
FEBRUARY 21	11:00am - 11:30am 5:00pm - 5:30pm	Pilates Demo	Pilates Studio
FEBRUARY 22	7:00am - 7:30am 10:30am - 11:00am 4:00pm - 4:30pm	Pilates Demo	Pilates Studio
FEBRUARY 23	8:00am - 8:30am 11:00am - 11:30am	Pilates Demo	Pilates Studio
FEBRUARY 24	7:15am - 7:45am 11:30am - 12:00pm	Pilates Demo	Pilates Studio



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DATE	TIME	CLASS	LOCATION
FEBRUARY 25	11:30am	Pilates Demo	Pilates Studio
FEBRUARY 26	9:00am - 9:30am 5:30am - 6:00am	Pilates Demo	Pilates Studio
FEBRUARY 27	7:00am - 7:30am 6:00pm - 6:30pm	Pilates Demo	Pilates Studio
FEBRUARY 28	11:00am - 11:30am	Pilates Demo	Pilates Studio
MARCH 1	4:00pm - 4:30pm	Pilates Demo	Pilates Studio
MARCH 2	8:00am - 8:30am 11:00am - 11:30am	Pilates Demo	Pilates Studio
MARCH 3	7:15am - 7:45am 11:30am - 12:00pm	Pilates Demo	Pilates Studio
MARCH 5	11:30am - 12:00pm	Pilates Demo	Pilates Studio
MARCH 6	9:00am - 9:30am 5:30pm - 6:00pm	Pilates Demo	Pilates Studio
MARCH 7	7:00am - 7:30am 6:00pm - 6:30pm	Pilates Demo	Pilates Studio
MARCH 8	5:00pm - 5:30pm	Pilates Demo	Pilates Studio
MARCH 9	10:30am - 11:00am 4:00pm - 4:30pm	Pilates Demo	Pilates Studio
MARCH 10	8:00am - 8:30am 11:00am - 11:30am	Pilates Demo	Pilates Studio
MARCH 11	7:15am - 7:45am	Pilates Demo	Pilates Studio
MARCH 12	11:30am - 12:00pm	Pilates Demo	Pilates Studio
MARCH 13	9:00am - 9:30am 5:30pm - 6:00pm	Pilates Demo	Pilates Studio
MARCH 14	6:00pm - 6:30pm	Pilates Demo	Pilates Studio
MARCH 15	11:00am - 11:30am 5:00pm - 5:30pm	Pilates Demo	Pilates Studio