



# PRO MOTION PHYSIOTHERAPY CLASSES MAY

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Pelvic Pilates Level 2 Bella 9:00 A.M.-10:00 A.M.	2 Pelvic Pilates Level 1 1:10 P.M.-2:10 P.M.	3 Osteo-Yoga Michelle 11:00 AM TO 12:00 PM	4
5	6 O-C Level 2B- Bonny 11:10 A.M. - 12:10 P.M. AJ 5:20 P.M.- 6:20 P.M. O-C Level 2A - Arjun 1:10 P.M. - 2:10 P.M. O-C Level 1 Stephanie/Bonny 3:10 P.M. - 4:10 P.M.	7 Osteo-Yoga Michelle 12:10 P.M TO 1:00 PM	8 Pelvic Pilates Level 2 Bella 9:00 A.M.-10:00 A.M.	9 Pelvic Pilates Level 1 1:10 P.M.-2:10 P.M.  O-C Level 1 Stephanie 3:10 P.M. - 4:10 P.M.	10 O-C Level 2B Bonny 11:10 A.M. - 12:10 P.M.	11
12  <b>Happy Mother's Day!</b>	13 O-C Level 2B-Bonny 11:10 A.M. - 12:10 P.M. AJ 5:20 P.M.- 6:20 P.M. O-C Level 2A - Arjun 1:10 P.M. - 2:10 P.M. O-C Level 1 Stephanie/Bonny 3:10 P.M. - 4:10 P.M.	14	15 Pelvic Pilates Level 2 Bella 9:00 A.M.-10:00 A.M. O-C Level 2B Stephanie 11:10 A.M. - 12:10 P.M.	16 Pelvic Pilates Level 1 1:10 P.M.-2:10 P.M.  O-C Level 1 Stephanie 3:10 P.M. - 4:10 P.M.	17 Osteo-Yoga Michelle 11:00 AM TO 12:00 PM	18
19  <b>Happy Victoria Day!</b>	20	21	22 Pelvic Pilates Level 2 Bella 9:00 A.M.-10:00 A.M. O-C Level 2B Stephanie 11:10 A.M. - 12:10 P.M.	23 Pelvic Pilates Level 1 1:10 P.M.-2:10 P.M.  O-C Level 1 Stephanie 3:10 P.M. - 4:10 P.M.	24 O-C Level 2B Bonny 11:10 A.M. - 12:10 P.M.	25
26	27 O-C Level 2B - Bonny 11:10 A.M. - 12:10 P.M. Arjun 5:20 P.M. - 6:20 P.M. O-C Level 2A - Arjun 1:10 P.M. - 2:10 P.M. O-C Level 1 Stephanie/Bonny 3:10 P.M. - 4:10 P.M.	28	29 Pelvic Pilates Level 2 Bella 9:00 A.M.-10:00 A.M. O-C Level 2B Stephanie 11:10 A.M. - 12:10 P.M.	30 Pelvic Pilates Level 1 1:10 P.M.-2:10 P.M.  O-C Level 1 Stephanie 3:10 P.M. - 4:10 P.M.	31 Osteo-Yoga Michelle 10:00 AM TO 11:00 AM	1 JUNE