

**MYFITNESSBUDDY BODY & MIND TIMETABLE**  
**January 2012 – April 2011**

<b>MONDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
11:15 – 12:15	Pilates (Beg)	Lola	Raggamuffins

<b>TUESDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
11:15 – 12:15	Pilates (Beginners)	Lola	Raggamuffins
18:00 – 18:45	Pilates Sculpt	Lola	South Ockendon Village

<b>WEDNESDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
<b>THURSDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>

<b>FRIDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
11:00 - 12:00	Pilates	Lola	Raggamuffins
13:00 – 14:00	Pilates Sculpt	Lola	Raggamuffins

<b>SATURDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>

<b>SUNDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
10:15 – 11:15	Piloxing	Lola	Raggamuffins
11:30 – 12:30	Pilates	Lola	Raggamuffins
12:45 – 13:45	Pilates Sculpt	Lola	Raggamuffins