

Pilates of Boulder  
95th Arapahoe 2770 Dagny Way, Ste. #106, Lafayette, CO

**Classes, Teacher Training classes and Triages      November 1, 2008**

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am	<b>NOTE: Call instructor about space available if phone # listed; otherwise use web link</b>	9:30am-11:30am - TEACHER TRAINING PROGRAM	9- All level Reformer class w/Raoul :go to link to sign up: <a href="http://www.rmpilates.com/schedule.php">http://www.rmpilates.com/schedule.php</a>		9:00am - TEACHER TRAINING PROGRAM
10:00am			10- All level Reformer class w/Raoul :go to link to sign up: <a href="http://www.rmpilates.com/schedule.php">http://www.rmpilates.com/schedule.php</a>	10:0am-11:30am - TEACHER TRAINING PROGRAM	10-Reformer triagew/ Richard ph: 303-443-2439
11:00am				see above	11am- - TEACHER TRAINING PROGRAM
noon				noon- All level Reformer class w/Richard :go to link to sign up: <a href="http://www.rmpilates.com/schedule.php">http://www.rmpilates.com/schedule.php</a>	
1:00pm					
2:00pm					2pm - Adv. Triage - Bonnie ph: 303-652-4176
3:00pm	3pm- TEACHER TRAINING PROGRAM				3pm- TEACHER TRAINING PROGRAM
4:00pm		4:30pm- All level Reformer class w/Raoul :go to link to sign up: <a href="http://www.rmpilates.com/schedule.php">http://www.rmpilates.com/schedule.php</a>		2pm - Beg. Triage - Bonnie ph: 303-652-4176	4:30pm- All level Reformer class w/Raoul :go to link to sign up: <a href="http://www.rmpilates.com/schedule.php">http://www.rmpilates.com/schedule.php</a>
5:00pm	Adv. Mat: go to link to sign up: <a href="http://www.rmpilates.com/schedule.php">http://www.rmpilates.com/schedule.php</a>	5:00pm- - TEACHER TRAINING PROGRAM		5pm - CHAIR Class Triage - Bonnie ph: 303-652-4176	
6:00pm	All Level Reformer: go to link to sign up: <a href="http://www.rmpilates.com/schedule.php">http://www.rmpilates.com/schedule.php</a>				

[www.PilatesofBoulder.com](http://www.PilatesofBoulder.com)

Contact: Richard Rossiter @ 303.443.2439, Director, or Bonnie @ 303-652-4176