



circle studio

winter schedule 2010 (effective january 8th, 2010)

pilates and gyrotonic group equipment and mat class schedule.

monday

8:00am
pilates int.
reformer class

11:00am
gyrotonic int.
tower class

6:00pm
pilates int.
reformer class

tuesday

11am (30min)
cardio pilates
jump board class

6:00pm
pilates adv.
reformer class

wednesday

11:00am
pilates beginner
reformer class

6:00pm
gyrotonic tower
fast track

7:00pm
pilates int.
reformer class

thursday

7:30am
pilates int.
reformer class

**7:00pm
reformer
fast track

7:00pm
gyrotonic int.
tower class

friday

saturday

9:00am
gyrokinesis mat
all levels welcome

10:00am
pilates int.
circuit mat class
all levels welcome

11:00am
gyrotonic int.
tower class

north end of the pearl district- ample parking
1231 nw 11th Ave, portland, or 97209

www.circlestudio.biz 503.235.3556
Info@circlestudio.biz open monday-saturday