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the studio
health, fitness and athletic apparel
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SCHEDULE

from Monday January 9th to Sunday March 4th 2012

All classes are pre-registered. Highlighted colours denotes class is twice a week.
All classes last 55 minutes unless otherwise indicated. Please see course descriptions for fees.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 am						Tae Bo® Kirsten All Levels	
10:00 am						FULL Intermediate Reformer Ann Level 2	
						Essential/ Intermediate Matwork Liz Gilbert Level 1 – 2	
11:00 am		Moms & Babies Post-Natal Yoga Leticia Level 1		Moms & Babies Post-Natal Yoga Leticia Level 1		FULL Intermediate Reformer Ann Level 2	
Noon		FULL Intermediate Lunchtime Reformer Ann Level 2 (45 minutes)		FULL Intermediate Lunchtime Reformer Ann Level 2 (45 minutes)	FULL Intermediate Lunchtime Reformer Ann Level 2 (45 minutes)		
4:30 pm	FULL Intermediate Matwork Ann Level 2		FULL Intermediate Matwork Ann Level 2		Mindful Pilates Joie Level 1		
5:30 pm	FULL Essential Reformer Ann Level 1	FULL Intermediate Reformer Ann Level 1	FULL Intermediate /Advanced Reformer Ann Level 2 - 3	FULL Essential Reformer Ann Level 1			
	Beginners Plus Matwork Monica Level 1 - 2	FULL Intermediate Matwork Liz Gilbert Level 2	Beginners Plus Matwork Monica Level 1 - 2				
6:30 pm	Intermediate/ Advanced Reformer Ann Level 2 - 3	FULL Essential Reformer Ann Level 1	FULL Intermediate/ Advanced Reformer Ann Level 2 - 3	FULL Intermediate Reformer Ann Level 2			
	Heated Yoga Bronwen All Levels		Pre-Natal Yoga Leticia Level 1	Heated Yoga Bronwen All Levels			
7:30 pm	FULL Essential/ Intermediate Matwork Ann Level 1 - 2	FULL Essential Matwork Lauren Level 1	FULL Essential/ Intermediate Matwork Ann Level 1 - 2	FULL Essential Matwork Lauren Level 1			
	Traditional Ashtanga Yoga Bronwen Level 3 (90 minutes)		FULL Introduction to Bellydance Andra Level 1	Traditional Ashtanga Yoga Bronwen Level 2 (90 minutes)			
8:30 pm		FULL Intermediate Matwork Lauren Level 2	FULL Tae Bo® Kirsten All Levels	FULL Intermediate Matwork Lauren Level 2			