

Classes run from Monday May 8 – Friday June 30th. (no classes on May 20-22)

Please see course descriptions for dates the instructors will not be teaching specific to each course. All classes are pre registered and fees quoted do not include GST. All classes last 55 minutes unless otherwise indicated. Classes in bright colours are taken either two or three times a week as indicated.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:45 to 7:30 am	Rise & Shine Pilates Ann All Levels \$260	Rise & Shine Pilates Ann All Levels \$280		Rise & Shine Pilates Ann All Levels	Rise & Shine Pilates Ann All Levels	8:15 am Men's Pilates Liz All Levels \$54
9:00 am	Studio Series I Monique All Levels \$420/\$260 ***	9:15 am Pilates for Seniors Ann Level 1 \$216	Studio Series I *** Monique All Levels	9:15 am Pilates for Seniors Ann Level 1	Studio Series I *** Monique All Levels	10:15 am Essential/Intermediate Reformer Melissa Level 1/2 \$150
10:00 am	Intermediate Pilates For Seniors Ann Level 2 \$324 *		Intermediate Pilates For Seniors Ann Level 2 *	10:05 am Beginner Combination Class Melissa Level 1 \$150 NEW	Intermediate Pilates For Seniors Ann Level 2 *	11:15 am Intermediate Reformer Melissa Level 2 \$150
11:00 am	Studio Series II Monique Level 2/3 \$525		Studio Series II Monique Level 2/3	Advanced Combination Class Melissa Level 3 \$150	Studio Series II Monique Level 2/3	SUNDAY 10:00 am Beginner Combination Class Melissa Level 1 \$150
	11:10 am Intermediate Pilates For Seniors Ann Level 2 \$324 *	11:15 am Pilates for Seniors Ann Level 1 \$216 NEW	11:10 am Intermediate Pilates For Seniors Ann Level 2 *	11:15 am Pilates for Seniors Ann Level 1 NEW	11:10 am Intermediate Pilates For Seniors Ann Level 2 *	
12:10 pm	Pilates for Seniors Ann Level 1/2 \$324 *	12:15 pm Lunch Time Apparatus & Springs Ann Level 2 \$325	Pilates for Seniors Ann Level 1/2 *	12:15 pm Lunch Time Apparatus & Springs Ann Level 2	Pilates for Seniors Ann Level 1/2 * Studio Class Monique Level 2/3 \$150	11:00 am Intermediate Combination Class Melissa Level 2 \$150
4:30 pm	Springs & Stretch Fusion Class Monique Level 1/2 \$140	4:15 pm Intermediate Studio Class Ann level 2 \$125	Springs & Stretch Fusion Class Monique Level 1/2 \$160			12:00 pm Beginner Combination Class Melissa Level 1 \$150
5:30 pm	Studio Class (Reformer, Chair, Springs & Mat) Monique Level 2 \$175	5:15 pm Beginner Apparatus Ann Level 1 \$125 NEW	Combination Springs / Matwork Monique Level 2/3 \$160	Beginner Apparatus Rebel Level 1 \$175	WORKSHOPS Intro To Pilates Monday May 8th Ann 6:00 – 7:30 pm \$45 Intro To Pilates Wednesday May 10th Ann 5:30 – 7:00 pm \$45 More to be added as necessary.	
	Stretch Therapy for Strength and Flexibility Lauren All Levels \$100 NEW	Pilates Bootcamp Liz Level 2/3 \$144				
6:30 pm	Studio Class (Reformer, Chair, Springs & Mat) Monique Level 2/3 \$175	Pilates Apparatus Rebel Level 2 \$175	Studio Class (Reformer, Chair, Springs & Mat) Monique Level 2/3 \$200	Combination Class Rebel Level 2 \$175		
7:30 pm		Intermediate Matwork Rebel Level 2 \$252		Intermediate Matwork Rebel Level 2		