

phone: 456-2748



thestudioyukon@gmail.com

Session 2 Classes run from Monday, February 25th - Sunday, May 5th.

No classes Friday April 19th to April 21st for Easter Weekend

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 am		Rise & Shine Matwork & Springs Penny P ML \$320 FULL	Rise and Shine Bar and Springs Penny P ML \$160 NEW	Rise & Shine Matwork & Springs Penny P ML FULL		8:30 am Morning Barre Penny P ML \$140
8:00 am	Apparatus Nadea ML \$225		Apparatus Nadea ML \$250	Apparatus Rebel ML \$200	Apparatus Nadea ML \$225	9:30 am Apparatus Olive Level 2 \$150
9:00 am	Total Pilates Nadea Level 2/3 \$450 FULL	Total Pilates for Seniors Penny K Level 2+ \$382.50 FULL		Total Pilates for Seniors Penny K Level 2+ Apparatus Rebel ML \$200 FULL	Total Pilates Nadea Level 2/3 FULL	9:30 am Men's Power Matwork Penny P ML \$140
10:00 am	Pilates For Seniors Ann Level 2/3 \$320 FULL	10:05 am Total Pilates for Seniors Penny K Level 1/2 \$382.50 FULL	10:05 am Apparatus For Seniors Ann Level 2/3 \$225 FULL	Apparatus Rebel Level 2 \$200 10:10 am Total Pilates for Seniors Penny K Level 1/2 FULL	Pilates For Seniors Ann Level 2/3 FULL	10:30 am Apparatus Olive Level 2 \$150 FULL
11:00 am	Apparatus Nadea Level 2/3 \$225 11:15 am Pilates For Seniors Ann Level 2/3 \$320	Barre Iris ML \$160 11:10 am Total Pilates for Seniors Penny K Level 1/2 \$382.50	Matwork & Springs Nadea Level 2/3 \$200	Apparatus Rebel Level 3 \$200	11:15 am Pilates For Seniors Ann Level 2/3 FULL	11:30 am Apparatus Olive Level 2/3 \$150 FULL
12:10 pm	Lunch Time Apparatus Monique & Ann Level 2/3 \$450	Lunchtime Apparatus Rebel Level 2 \$300	Lunch Time Apparatus Monique & Ann Level 2/3	Lunchtime Apparatus Rebel Level 2 Lunch Time Barre Penny K ML \$180		12:30 pm Apparatus Olive Level 1/2 \$150
1:00 pm	Apparatus Monique Level 3 \$225 FULL					SUNDAY 1:30 pm
4:30 pm	Apparatus Monique subbing for Nadea Level 2 \$250	Apparatus Olive Level 1/2 \$350 FULL	Fusion Pilates Monique Level 2 \$250 NEW	Apparatus Olive Level 1/2 FULL	Apparatus Nadea Level 1 \$225 NEW	Total Pilates Kelly Level 1/2 \$175
5:30 pm	Apparatus Monique subbing for Nadea Level 2/3 \$250	Matwork & Springs Rebel Level 2 \$120	Fusion Pilates Monique Level 2/3 \$250 NEW	Matwork & Springs Rebel Level 2 \$140	Apparatus Nadea Level 1/2 \$225	
6:30 pm	Apparatus Monique subbing for Nadea ML \$250	Apparatus Rebel Level 2 \$150	Fusion Pilates Monique ML \$250 NEW	Apparatus Rebel Level 2 \$175	Apparatus Nadea Level 1 \$225	
7:30 pm		Matwork & Springs Rebel Level 2/3 \$220		Matwork & Springs Rebel Level 2/3	Monique Romeiko is available for private classes. Contact the studio to book.	

All senior classes offer 10% for those over 60.

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 twice a week as indicated.

INTRO TO PILATES AND/OR BARRE WORKSHOPS:

Tuesday, February 19th, 5:00 pm to 6:15 pm OR
Wednesday, February 20th, 5:30 pm to 6:45 pm
(more can be put on as necessary)