

Session 3 Classes run from Monday, May 6th - Friday, June 28th.

(No classes Saturday, May 18th to Monday, May 20th for Victoria Day Weekend)

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| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|--|---|---|--|---|--|
| 6:15 am | | Rise & Shine Matwork & Springs Penny P ML \$240 | Rise and Shine Barre and Springs Penny P ML \$160 | Rise & Shine Matwork & Springs Penny P ML | | |
| 8:00 am | Apparatus Nadea ML \$175 | | Apparatus Nadea ML \$200 | Apparatus Rebel ML \$175 | Apparatus Nadea ML \$150 | |
| 9:00 am | Total Pilates Nadea Level 2/3 \$325 | Total Pilates for Seniors Penny K Level 2+ \$337.50 | | Total Pilates for Seniors Penny K Level 2+ | Total Pilates Nadea Level 2/3 | 9:30 am |
| | | | | Apparatus Rebel ML \$175 | | Apparatus Olive Level 2 \$100 |
| 10:00 am | 10:05 am | 10:05 am | 10:05 am | Apparatus Rebel Level 2 \$200 | 10:05 am | |
| | Pilates For Seniors Ann Level 2/3 \$280 | Total Pilates for Seniors Penny K Level 1/2 \$337.50 | Apparatus For Seniors Ann Level 2/3 \$175 | 10:10 am | Pilates For Seniors Ann Level 2/3 | 10:30 am |
| 11:00 am | Apparatus Nadea Level 2/3 \$175 | | Matwork & Springs Nadea Level 2/3 \$160 | | | |
| | 11:05 am | 11:10 am | 11:10 am | Apparatus Rebel Level 3 \$200 | 11:05 am | 11:30 am |
| | Pilates For Seniors Ann Level 2/3 \$260 | Total Pilates for Seniors Penny K Level 1/2 \$337.50 | Apparatus For Seniors Ann Level 2/3 \$175 | | Pilates For Seniors Ann Level 2/3 | Apparatus Olive Level 2/3 \$100 |
| 12:10 pm | | Lunchtime Apparatus Rebel Level 2 \$375 | | Lunchtime Apparatus Rebel Level 2 | | 12:30 pm |
| | | | | | | Apparatus Olive Level 1/2 \$100 |
| 1:00 pm | Apparatus Monique Level 3 \$150 | | | NEW Total Pilates Kelly Level 1/2 \$175 | | INTRO TO PILATES AND/ OR BARRE WORKSHOPS: Sunday, April 28th, 11:15 am to 12:30 pm Tuesday, April 30th, 5:00 pm to 6:15 pm Wednesday, May 1st, 5:30 pm to 6:45 pm |
| 4:30 pm | Apparatus Monique Level 2 \$150 | Apparatus Olive Level 1/2 \$300 | Fusion Pilates Monique Level 2 \$175 | Apparatus Olive Level 1/2 | Apparatus Nadea Level 1 \$150 | |
| 5:30 pm | Apparatus Monique Level 2/3 \$150 | Matwork & Springs Rebel Level 2 \$160 | Fusion Pilates Monique Level 2/3 \$175 | Matwork & Springs Rebel Level 2 \$140 | Apparatus Nadea Level 2 \$150 | |
| 6:30 pm | Apparatus Monique ML \$150 | Apparatus Rebel Level 2 \$200 | Fusion Pilates Monique ML \$175 | Apparatus Rebel Level 2 \$175 | Apparatus Nadea Level 1 \$150 | |
| 7:30 pm | | Matwork & Springs Rebel Level 2/3 \$300 | | Matwork & Springs Rebel Level 2/3 | NEW Total Pilates Nadea ML \$150 | |
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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.



Darrin Sinclair doing Extension work on the Pilates Reformer.