

Session 5 Classes run from Tuesday, September 3rd - Saturday, October 27th

(No classes October 12th-14th Thanksgiving weekend)

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 am		Rise & Shine Matwork & Springs Penny P ML 45min \$320 FULL	Rise & Shine Apparatus Ann ML 45min \$150 FULL NEW	Rise & Shine Matwork & Springs Penny P ML 45min FULL		9:30 am
8:00 am				Apparatus Rebel ML \$175		Men's Power Matwork & Springs Penny P ML \$100
9:00 am	Total Pilates Nadea ML \$300	Total Pilates for Seniors Penny K Level 2+ \$292.50 FULL	Total Pilates Kelly Level 1/2 \$200 NEW	Total Pilates for Seniors Penny K Level 2+ FULL Apparatus Rebel ML \$175 FULL	Total Pilates Nadea ML	Apparatus Olive Level 2 \$150
10:00 am	Pilates For Seniors Ann Level 2/3 \$220 FULL Apparatus Nadea Level 3 \$125	10:05 am Total Pilates for Seniors Penny K Level 1/2 \$292.50	Apparatus For Seniors Ann Level 2/3 \$150 FULL	Apparatus Rebel Level 2 \$175 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
11:00 am	Apparatus Nadea Level 2/3 \$125 FULL 11:10 am Pilates For Seniors Ann Level 2/3 \$220	11:05 am Total Pilates for Seniors Penny K Level 1/2 \$292.50	Progressive Pilates Matwork & Springs Nadea Level 2/3 \$140 11:10 Apparatus For Seniors Ann Level 2/3 \$150 FULL	Apparatus Rebel Level 3 \$175	11:10 am Pilates For Seniors Ann Level 2/3	11:30 am Apparatus Olive Level 2/3 \$150 FULL
12:05 pm	Lunchtime Total Barre & Mat Nadea ML \$270 or \$125 (Mon) or \$200 (Wed)	Lunchtime Apparatus Rebel Level 2 \$275 FULL	Lunchtime Total Barre & Mat Nadea ML \$270 or \$125 (Mon) or \$200 (Wed)	Lunchtime Apparatus Rebel Level 2 FULL		INTRO TO PILATES &/OR BARRE WORKSHOPS: Tuesday, August 27th, 5:15 pm - 6:30 pm \$45 or Wednesday, August 28th, 6:15pm - 7:30 pm \$45
4:30 pm	Apparatus Penny P Level 2 \$325 or \$127.50 (Mon) or \$220 (Wed) NEW	Apparatus Olive Level 2 \$350 FULL	Apparatus Penny P Level 2 \$325 or \$127.50 (Mon) or \$220 (Wed) NEW	Apparatus Olive Level 2 FULL	Apparatus Nadea Level 1 \$175	
5:30 pm	Pilates Fusion Penny P ML \$292.50 or \$125 (Mon) or \$200 (Wed) NEW	Matwork & Springs Rebel Level 2 \$140 Apparatus Olive Level 1 \$350 FULL NEW	Pilates Fusion Penny P ML \$292.50 or \$125 (Mon) or \$200 (Wed) NEW	Matwork & Springs Rebel Level 2 \$140 Apparatus Olive Level 1 FULL NEW	Apparatus Nadea Level 2 \$175 FULL	
6:30 pm		Apparatus Rebel Level 2 \$175 FULL		Apparatus Rebel Level 2 \$175 FULL	Total Pilates Nadea Level ML \$175	
7:30 pm		Matwork & Springs Rebel Level 2/3 \$280 FULL		Matwork & Springs Rebel Level 2/3 FULL	Reformer Full Body Stretch Nadea ML \$175	

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.
ML = Multi Level

Master Trainer
Tiffany Asquith
assisting Nicole
Muir with her
Chair Work

