

Session 1 Classes run from Monday, January 6th – Sunday, March 1st

(No classes Friday February 21st Yukon Heritage Day)

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 am			Rise & Shine Matwork & Springs Ann ML 45min \$300 FULL		Rise & Shine Matwork & Springs Ann ML 45min FULL	9:30 am
8:00 am				Apparatus Rebel ML \$175		Men's Power Matwork & Springs Penny P ML \$140
9:00 am	Total Pilates Nadea ML \$375 FULL	Total Pilates for Seniors Penny K Level 2+ \$360 FULL		Total Pilates for Seniors Penny K Level 2+ FULL Apparatus Rebel ML \$175	Total Pilates Nadea ML FULL	Apparatus Olive Level 2 \$150
10:00 am	Pilates For Seniors Ann Level 2/3 \$220 FULL Apparatus Nadea Level 2/3 \$200 FULL	10:05 am Total Pilates for Seniors Penny K Level 1/2 \$360 FULL	Apparatus For Seniors Ann Level 2/3 \$175 FULL	Apparatus Rebel Level 2 \$175 10:10 am Total Pilates for Seniors Penny K Level 1/2	Pilates For Seniors Ann Level 2/3	10:30 am Apparatus Olive Level 2 \$150
11:00 am	Apparatus Nadea Level 3 \$200 FULL 11:05 am Pilates For Seniors Ann Level 2/3 \$240	11:05 am Total Pilates for Seniors Penny K Level 1/2 \$360	Progressive Pilates Matwork & Springs Nadea Level 2/3 \$160 11:10 Apparatus For Seniors Ann Level 2/3 \$175		11:05 am Pilates For Seniors Ann Level 2/3	11:30 am Apparatus live Level 2/3 \$150 FULL SUNDAY 1:30 am Total Pilates Kelly Level 1/2 \$200
12:05 pm	Lunchtime Total Barre & Mat Nadea & Penny K ML \$337.50 or \$200 Mon or \$175 Fri	Lunchtime Apparatus Rebel Level 2 \$300 FULL		Lunchtime Apparatus Rebel Level 2 FULL	Lunchtime Total Barre & Mat Nadea & Penny K ML \$337.50 or \$200 Mon or \$175 Fri	INTRO TO PILATES &/OR BARRE WORKSHOPS: Saturday, January 4 10:30am - 12:00pm or 1:00pm - 2:30pm \$45
4:30 pm		Apparatus Olive Level 2 \$325 FULL		Apparatus Olive Level 2 FULL	Apparatus Nadea Level 1 \$175	
5:30 pm	Pilates Fusion Penny P ML \$360 or \$200 Mon or \$200 Wed FULL	Matwork & Springs Rebel Level 2 \$160 FULL Apparatus Olive Level 2 \$325 FULL	Pilates Fusion Penny P ML \$360 or \$200 Mon or \$200 Wed FULL	Matwork & Springs Rebel Level 2 \$120 FULL Apparatus Olive Level 2 FULL	Apparatus Nadea Level 2 \$175	
6:30 pm	Stretch Therapy Lauren Level 2/3 \$112.50 FULL	Apparatus Rebel Level 2 \$200 FULL		Apparatus Rebel Level 2 \$150 FULL	Total Pilates Nadea Level ML \$175 FULL	
7:30 pm	Stretch Therapy Lauren Level 1/2 \$112.50 FULL	Matwork & Springs Rebel Level 2/3 \$280		Matwork & Springs Rebel Level 2/3		

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