

## Session 1 Classes run from Monday, March 2nd – Sunday, May 3rd

(No classes Easter Weekend Friday April 10th - Sunday April 12th)

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 am			Rise & Shine Matwork & Springs Ann   ML   45min   \$300		Rise & Shine Matwork & Springs Ann   ML   45min	9:30 am  Men's Power Matwork & Springs Penny P   ML   \$120
7:00 am			Early Morning Matwork & Springs Ann   Level 1 \$140 <b>NEW</b>			
8:00 am				Apparatus Rebel   ML   \$175		
9:00 am	Total Pilates Nadea   ML \$325	Total Pilates for Seniors Penny K   Level 2+ \$360		Total Pilates for Seniors Penny K   Level 2+  Apparatus Rebel   ML   \$175	Total Pilates Nadea   ML	Apparatus Olive   Level 2   \$125
10:00 am	Pilates For Seniors Ann   Level 2/3   \$260  Apparatus Nadea   Level 2/3   \$175	10:05 am  Total Pilates for Seniors Penny K   Level 1/2 \$360	Apparatus For Seniors Ann   Level 2/3 \$175	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   \$125
11:00 am	Apparatus Nadea   Level 3   \$175  11:05 am  Pilates For Seniors Ann   Level 2/3   \$260  11:30 am  Lunchtime Total Barre & Mat Penny K   ML \$405 or \$225 Mon or \$200 Thur	11:05 am  Total Pilates for Seniors Penny K   Level 1/2 \$360	Progressive Pilates Matwork & Springs Nadea   Level 2/3   \$160  11:05  Apparatus For Seniors Ann   Level 2/3   \$175		11:05 am  Pilates For Seniors Ann   Level 2/3	11:30 am  Apparatus Olive   Level 2/3   \$125  12:30 pm  Apparatus Olive   Level 1   \$125 <b>NEW</b>
12:05 pm		Lunchtime Apparatus Rebel   Level 2   \$375		Lunchtime Apparatus Rebel   Level 2		SUNDAY  1:30 pm  Total Pilates Kelly   Level 1/2   \$150  2:30 pm  Total Pilates Kelly   Level 1 \$150 <b>NEW</b>
4:30 pm	Pilates Fusion Penny P   ML \$315 or \$175 Mon or \$175 Wed	Apparatus Olive   Level 2   \$300	Pilates Fusion Penny P   ML \$315 or \$175 Mon or \$175 Wed	Apparatus Olive   Level 2	Total Pilates Nadea   Level 1   \$150	
5:30 pm	Pilates Fusion Penny P   ML \$315 or \$175 Mon or \$175 Wed	Matwork & Springs Rebel   Level 2   \$140  Apparatus Olive   Level 2 \$300	Pilates Fusion Penny P   ML \$315 or \$175 Mon or \$175 Wed	Matwork & Springs Rebel   Level 2   \$140  Apparatus Olive   Level 2	Total Pilates Nadea   Level 2   \$150	INTRO TO PILATES &/OR BARRE WORKSHOPS:  Saturday, Feb 29th 10:30am - 12:00pm or 1:00pm - 2:30pm \$45  * refundable on enrollment
6:30 pm	Stretch Therapy Lauren   Level 2/3 \$157.50	Apparatus Rebel   Level 2   \$175		Apparatus Rebel   Level 2   \$175	Total Pilates Nadea   Level ML   \$150	
7:30 pm	Stretch Therapy Lauren   Level 1/2 \$157.50	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