

Session 7 Classes from Monday November 9th - Thursday December 17th

NO CLASSES NOVEMBER 11TH REMEMBRANCE DAY
ALL IN PERSON CLASSES 45 MINUTES - ALL ONLINE CLASSES 55 MINUTES.
MORE CLASSES CAN BE ADDED

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am		Senior's Apparatus Penny K Level 2+ \$165		Apparatus Rebel Level 2 \$137.50 Senior's Matwork & Springs Penny K Level 2+ \$120	
10:00 am	Apparatus Ann ML \$137.50	Senior's Apparatus Penny K Level 2 \$165		Apparatus Rebel Level 2 \$137.50 Senior's Matwork & Springs Penny K Level 2 \$120	Matwork & Springs Ann ML \$80
11:00 am	Apparatus Ann Level 2 \$137.50	Apparatus Penny K Level 2 \$165	Apparatus Ann ML \$110	Apparatus Rebel Level 2/3 \$137.50	Apparatus Ann Level 2 \$110
12:00 pm	Apparatus Ann Level 2/3 \$137.50	Lunchtime Apparatus Ann Level 2 \$137.50		Lunchtime Apparatus Rebel Level 2 \$137.50	Apparatus Ann Level 2/3 \$110
5:00 pm	Pilates Fusion Penny P ML \$112.50	Online Pilates Olive Level 2 \$100	Pilates Fusion Penny P ML \$112.50	Online Pilates Olive Level 2 \$100	SATURDAY 10:00 am Online Pilates Olive Level 2 \$80
5:30 pm				Apparatus Rebel Level 2 \$137.50	
6:30 pm				Apparatus Rebel Level 2/3 \$137.50	SUNDAY 1:30 pm Total Pilates Kelly Level 1/2 \$137.50
7:30 pm		Apparatus Rebel ML \$110		Matwork & Springs Rebel Level 2/3 \$120	

All classes with Ann & Penny K are 10% off for those over 60

Classes with a blue highlight are online