

phone: 456-2748



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Session 1 Classes from Monday January 4th - Sunday February 14th

ALL IN PERSON CLASSES 45 MINUTES (UNLESS NOTED OTHERWISE) - 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 \$165 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		Senior's Matwork & Springs Penny K Level 2 \$120	Matwork & Springs Ann ML \$100
11:00 am	Apparatus Ann Level 2 \$137.50	Apparatus Penny K Level 2 \$165			Apparatus Ann Level 2 \$137.50
12:00 pm	Apparatus Ann Level 2/3 \$137.50	Lunchtime Apparatus Ann Level 2 \$137.50		Lunchtime Apparatus Rebel Level 2 \$165	
5:00 pm	Pilates Fusion Penny P ML \$112.50	Online Pilates Olive Level 2 \$80	Pilates Fusion Penny P ML \$135	Online Pilates Olive Level 2 \$100	SATURDAY 10:00 am - 11:15 am Athletic Stretch Pilates Lorraine Level 2/3 \$180
5:30 pm		Athletic Pilates Lorraine Level 2/3 \$240		Apparatus Rebel Level 2 \$110 Athletic Pilates Lorraine Level 2/3	
6:30 pm	Pilates au Sol Lorraine Level 2/3 \$120			Apparatus Rebel Level 2/3 \$110	SUNDAY 1:30 pm Total Pilates Kelly Level 1/2 \$165
7:30 pm		Apparatus Rebel ML \$137.50		Matwork & Springs Rebel Level 2/3 \$80	

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



Classes with a blue highlight are online



Classes with a purple highlight are twice a week