

## Session 2 Classes from Monday, February 15th - Sunday, March 28th (No classes Heritage Day - Friday, February 26th)

**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		<b>Senior's Apparatus</b> Penny K   Level 2+   \$165 <span style="color: red; font-weight: bold;">FULL</span>		<b>Apparatus</b> Rebel   Level 2   \$110 <span style="color: red; font-weight: bold;">FULL</span> <b>Senior's Matwork &amp; Springs</b> Penny K   Level 2+   \$120 <span style="color: red; font-weight: bold;">FULL</span>	
10:00 am	<b>Apparatus</b> Ann   ML   \$137.50 <span style="color: red; font-weight: bold;">FULL</span>	<b>Senior's Apparatus</b> Penny K   Level 2   \$165 <span style="color: red; font-weight: bold;">FULL</span>	<b>Total Pilates</b> Kelly   Level 1/2   \$137.50 <span style="color: red; font-weight: bold;">FULL</span>	<b>Senior's Matwork &amp; Springs</b> Penny K   Level 2   \$120 <span style="color: red; font-weight: bold;">FULL</span>	
11:00 am	<b>Apparatus</b> Ann   Level 2   \$137.50 <span style="color: red; font-weight: bold;">FULL</span>	<b>Apparatus</b> Penny K   Level 2   \$165 <span style="color: red; font-weight: bold;">FULL</span>		<b>Matwork &amp; Springs</b> Penny K   ML   \$120 <span style="color: blue; font-weight: bold;">NEW</span>	<b>Apparatus</b> Ann   Level 2   \$110
12:00 pm	<b>Apparatus</b> Ann   Level 2/3   \$137.50 <span style="color: red; font-weight: bold;">FULL</span>	<b>Lunchtime Apparatus</b> Ann   Level 2   \$137.50 <span style="color: red; font-weight: bold;">FULL</span>		<b>Lunchtime Apparatus</b> Rebel   Level 2   \$110 <span style="color: red; font-weight: bold;">FULL</span>	
5:00 pm	<b>Pilates Fusion</b> Penny P   ML   \$90 <span style="color: red; font-weight: bold;">FULL</span>	<b>Online Pilates</b> Olive   Level 2   \$80	<b>Pilates Fusion</b> Penny P   ML   \$90 <span style="color: red; font-weight: bold;">FULL</span>	<b>Online Pilates</b> Olive   Level 2   \$80	<b>SATURDAY</b> 10:00 am - 11:15 am <b>Athletic Stretch Pilates</b> Lorraine   Level 2/3   \$180
5:30 pm		<b>Athletic Pilates</b> Lorraine   Level 2/3   \$240 <span style="color: red; font-weight: bold;">FULL</span>		<b>Apparatus</b> Rebel   Level 2   \$110 <span style="color: red; font-weight: bold;">FULL</span> <b>Athletic Pilates</b> Lorraine   Level 2/3 <span style="color: red; font-weight: bold;">FULL</span>	
6:30 pm	<b>Pilates au Sol</b> Lorraine   Level 2/3   \$120			<b>Apparatus</b> Rebel   Level 2/3   \$110 <span style="color: red; font-weight: bold;">FULL</span>	<b>SUNDAY</b> 1:30 pm <b>Total Pilates</b> Kelly   Level 1/2   \$137.50 <span style="color: red; font-weight: bold;">FULL</span>
7:30 pm		<b>Apparatus</b> Rebel   ML   \$165		<b>Matwork &amp; Springs</b> 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**



**Classes with a purple highlight are twice a week**