

ALL CLIENTS ATTENDING CLASSES MUST BE VACCINATED AGAINST COVID-19

**Session 6 Classes from Monday, August 23rd
- Saturday, October 2nd**

(No classes Labour Day Weekend September 4 - 6)

ALL CLASSES ARE 55 MINUTES (UNLESS NOTED OTHERWISE)

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
9:00 am		Apparatus Penny K Level 2+ \$165 <i>FULL</i>		Matwork & Springs Penny K Level 2+ \$135	
10:00 am		Apparatus Penny K Level 2 \$165	Total Pilates Kelly Level 1/2 \$137.50	Matwork & Springs Penny K Level 2+ \$135	
11:00 am		Apparatus Penny K Level 2 \$165 <i>FULL</i>		Matwork & Springs Penny K Level 2+ \$135	Athletic Stretch Lorraine Level 2/3 \$90
			Apparatus Rebel Level 2/3 \$82.50		
12:10 pm	Lunchtime Athletic Pilates Lorraine Level 2-3 \$67.50 45 minutes	Lunchtime Apparatus Rebel Level 2 \$165 45 minutes	Lunchtime Athletic Pilates Lorraine Level 2-3 \$112.50 45 minutes	Lunchtime Apparatus Rebel Level 2 \$165 45 minutes	
4:30 pm	Pilates Fusion Penny P ML \$90 <i>FULL</i>		Pilates Fusion Penny P ML \$112.50 <i>FULL</i>		
5:30 pm		Athletic Pilates Lorraine Level 2/3 \$225		Athletic Pilates Lorraine Level 2/3	
		Apparatus Rebel Level 2/3 \$55.00 <i>FULL</i>		Apparatus Rebel Level 2 \$82.50 <i>FULL</i>	
6:30 pm		Matwork & Springs Rebel ML \$45.00 <i>FULL</i>		Apparatus Rebel Level 2/3 \$82.50	
7:30 pm		Apparatus Rebel ML \$137.50 <i>FULL</i>		Matwork & Springs Rebel Level 2/3 \$112.50 <i>FULL</i>	

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