

**ALL CLIENTS ATTENDING CLASSES MUST BE VACCINATED AGAINST COVID-19**

**Session 7 Classes from Monday, October 4th  
- Saturday, November 14th**

**(No classes October 11 & November 11)**

**ALL CLASSES ARE 55 MINUTES (UNLESS NOTED OTHERWISE)**

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
9:00 am		<b>Apparatus</b> Penny K Level 2+   \$165 <i>FULL</i>		<b>Matwork &amp; Springs</b> Penny K   Level 2+   \$112.50	
10:00 am		<b>Apparatus</b> Penny K Level 2   \$165 <i>FULL</i>	<b>Total Pilates</b> Kelly   Level 1/2 \$165 <i>FULL</i>	<b>Matwork &amp; Springs</b> Penny K   Level 2+   \$112.50	
11:00 am		<b>Apparatus</b> Penny K Level 2   \$165 <i>FULL</i>		<b>Matwork &amp; Springs</b> Penny K   Level 2+   \$112.50	<b>Athletic Stretch</b> Lorraine   Level 2/3 \$135
12:00 pm	<b>12:10pm Lunchtime Athletic Pilates</b> Lorraine   Level 2-3 \$112.50 50 minutes	<b>Lunchtime Apparatus</b> Rebel   Level 2   \$110 55 minutes <i>FULL</i>	<b>12:10pm Lunchtime Athletic Pilates</b> Lorraine   Level 2-3 \$135 50 minutes	<b>Lunchtime Apparatus</b> Rebel   Level 2   \$82.50 55 minutes	
4:30 pm	<b>Pilates Fusion</b> Penny P   ML   \$112.50 <i>FULL</i>		<b>Pilates Fusion</b> Penny P   ML   \$112.50 <i>FULL</i>		
5:30 pm		<b>Athletic Pilates</b> Lorraine   Level 2/3 \$135		<b>Athletic Pilates</b> Lorraine   Level 2/3 \$112.50	
		<b>Apparatus</b> Rebel   Level 2/3 \$110 <i>FULL</i>		<b>Apparatus</b> Rebel   Level 2 \$55	
6:30 pm		<b>Matwork &amp; Springs</b> Rebel   ML   \$90 <i>FULL</i>		<b>Matwork &amp; Spring</b> Rebel   Level 2/3   \$45 <i>FULL</i>	
7:30 pm		<b>Apparatus</b> Rebel   ML   \$165 <i>FULL</i>		<b>Matwork &amp; Springs</b> Rebel   Level 2/3   \$67.50	

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