

All Classes at 17 Goodwin – March 17th 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00	<b>Reformer Intense</b> Nicole	<b>Reformer 2</b> Alexis		<b>Reformer 2.5</b> Sarah			
		8:10 <b>Reformer Intense</b> Alexis	8:10 <b>Reformer 2</b> Maeghan	8:10 <b>Reformer 1.5</b> Erinn	8:10 <b>Reformer 1.5</b> Laura	8:10 <b>Reformer 1.5</b> Laura	8:10 <b>Reformer 1.5</b> Alexis
9:10	<b>Tower &amp; Mat</b> Sarah		9:10 <b>Equipment Circuit 3</b> Sarah	9:10 <b>Tower &amp; Oov</b> Maeghan	9:10 <b>Tower &amp; Oov 2</b> Sarah	9:10 <b>Mat Progression</b> Laura	9:10 <b>Tower 2</b> Brontë
9:10	<b>Reformer 1.5</b> Nicole	<b>Reformer 1.5</b> Maeghan	<b>Reformer 1.5</b> Maeghan	<b>Core Reformer 2</b> Erinn	<b>Reformer 2</b> Laura	<b>Reformer 2</b> Larissa	<b>Reformer 1.5</b> Alexis
10:10	<b>Reformer 3</b> Sarah		10:10 <b>Tower 1</b> Sarah		10:10 <b>Tower 1</b> Maeghan	10:10 <b>Reformer 3</b> Larissa	10:10 <b>Oov</b> Alexis
11:10	<b>Core Reformer 1</b> Nicole	10:10 <b>Core Reformer 1</b> Maeghan	10:10 <b>Core Reformer 2</b> Maeghan	10:10 <b>Reformer 2</b> Erinn	10:10 <b>Core Reformer 1</b> Sarah		10:10 <b>Reformer 2.5</b> Brontë
12:10	<b>Reformer Intense</b> Sarah	11:15 <b>Reformer Trial</b> Maeghan	11:10 <b>Reformer 3</b> Maeghan		11:10 <b>Reformer 1.5</b> Laura	11:10 <b>Reformer 1.5</b> Laura	11:10 <b>Vertical Tower</b> Alexis
		11:10 <b>Reformer 1.5</b> Erinn	12:10 <b>Tower 3</b> Sarah	12:10 <b>Reformer Intense</b> Erinn	12:10 <b>Reformer Intense</b> Laura		11:10 <b>Reformer 3.5</b> Brontë
		12:10 <b>Core Balance</b> -Erinn			<b>PACKAGE</b> ALL CLASSES ARE 50 MINS IN LENGTH		<b>PRICE</b> +HST
					1 Group Classes		\$35
					Unlimited Group Classes Membership		\$270
					2 Classes/Week Membership		\$199
					1 Class/Week Membership		\$109
					2 Bonus Private Sessions		\$145
5:10	<b>Reformer Intense</b> Issy	<b>Reformer 2</b> Brontë	<b>Reformer 1.5</b> Laura	<b>Core Reformer</b> Sarah			
6:10	<b>Reformer 1.5</b> Issy	<b>Reformer 2.5</b> Brontë	<b>Reformer 2</b> Nicole M	<b>Reformer 3</b> Sarah			
7:10	<b>Reformer 2</b> Issy	<b>Reformer 3</b> Brontë	7:30 <b>Trial</b> Nicole	<b>Reformer 3.5</b> Sarah			
8:10	<b>Reformer 1.5</b> Issy						

Reformer
  Tower/Springboard
  Mat

All in studio classes and virtual classes are 50 minutes. **All privates and studio classes will require 24 hours cancellation otherwise the full fee will be charged.** Classes and private sessions are nonrefundable. All equipment/clothing bought at the studio is non-refundable. All contracts can be suspending with 2 week's notice.

All Classes at 26 Eramosa – March 10th 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		7:00 <b>Reformer 2</b> Alexis			7:00 <b>Reformer 2</b> Alexis	7:00 <b>Reformer Mixed</b> Alexis
	9:10 <b>Reformer 1.5</b> Nicole		9:10 <b>Reformer 2</b> Nicole	8:10 <b>Reformer Intense</b> Alexis	8:10 <b>Reformer 2</b> Alexis	
	10:10 <b>Reformer 3</b> Caitlin	10:10 <b>Reformer 1.5</b> Alexis	10:10 <b>Reformer 1.5</b> Nicole	9:10 <b>Reformer 1.5</b> Bronte	9:10 <b>Reformer 1.5</b> Alexis	
		11:10 <b>Core Reformer 2</b> Alexis	10:10 <b>Reformer 3</b> Bronte	10:10 <b>Reformer 3</b> Bronte	10:10 <b>Reformer Intense</b> Alexis	
12:10 <b>Reformer 1.5</b> Nicole	12:10 <b>Reformer 2</b> Nicole B		11:10 <b>Core Essentials</b> Nicole	11:10 <b>Reformer 2</b> Alexis	11:10 <b>Trial Reformer</b> Rotation Instructors	
1:10 <b>Reformer 2</b> Nicole B	1:10 <b>Core Reformer</b> Nicole B		12:10 <b>Reformer 3</b> Caitlin	12:10 <b>Reformer 1.5</b> Alexis		

5:10 <b>Reformer 2</b> Aidan
6:10 <b>Reformer 2.5</b> Aidan
7:10 <b>Core Reformer</b> Aidan
8:10 <b>Reformer 2</b> Aidan

5:10 <b>Reformer 2</b> Bronte
6:10 <b>Reformer 3</b> Bronte
7:10 <b>Reformer 1.5</b> Bronte
8:10 <b>Reformer 1.5</b> Bronte

5:10 <b>Reformer 1.5</b> Alexis
6:10 <b>Reformer 1.5</b> Alexis
7:10 <b>Reformer 2</b> Alexis
8:10 <b>Oov/Virtual Oov</b> Alexis

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  Tower/Springboard
  Mat

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