

All Classes at 17 Goodwin – Jan. 8th 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00 Reformer 2 Alexis		7:00 Equipment Circuit Sarah			
8:10 Reformer 2	8:10 Reformer Intense Alexis	8:10 Reformer 2 Maeghan	8:10 Reformer 1.5 Erinn	8:10 Reformer 1.5 Laura	8:10 Reformer 1.5 Laura	8:10 Reformer Intense Alexis
9:10 Tower & Mat Sarah		9:10 Equipment Circuit 3 Sarah	9:10 Tower & Oov Maeghan	9:10 Tower & Oov 2 Sarah	9:10 Mat Progression Laura	9:10 Tower 2 Brontë
9:10 Reformer 1.5 Nicole	9:10 Reformer 1.5 Maeghan	9:10 Reformer 1.5 Maeghan	9:10 Core Reformer 2 Erinn	9:10 Reformer 2 Laura	9:10 Reformer 2 Larissa	9:10 Reformer 1.5 Alexis
10:10 Reformer 3 Carolyn		10:10 Tower 1 Sarah			10:10 Reformer 3 Larissa	
11:10 Core Reformer 1 Nicole	10:10 Core Reformer 1 Maeghan	10:10 Core Reformer 2 Maeghan	10:10 Reformer 2 Erinn	10:10 Core Reformer 1 Sarah		10:10 Reformer 2.5 Brontë
12:10 Jan 8 Reformer Intense Sarah	11:15 Reformer Trial Maeghan	11:10 Reformer 3 Maeghan	11:10 Reformer Intense Erinn	11:10 Reformer 1.5 Laura	11:10 Reformer 1.5 Laura	11:10 Reformer 3.5 Brontë
	11:10 Reformer 1.5 Erinn	12:10 Tower 2 Sarah	12:10 Reformer 1.5 Erinn	12:10 Reformer Intense Laura	12:10 Reformer Intense Laura	
	12:10 Core Balance Erinn			PACKAGE ALL CLASSES ARE 50 MINS IN LENGTH		PRICE + HST
				1 Group Classes		\$35
				16 Group Classes		\$450
				Unlimited Group Classes Membership		\$270
				1 Class/Week Membership		\$109
				2 Classes/Week Membership		\$199
5:10 Reformer Intense Issy	5:10 Reformer 2 Brontë	5:10 Reformer 1.5 Laura	5:10 Core Reformer Sarah			
6:10 Reformer 1.5 Issy	6:10 Reformer 2.5 Brontë	6:15 Reformer 2 Nicole M	6:10 Reformer 3 Sarah			
7:10 Reformer 2 Issy	7:10 Reformer 3 Brontë	7:10 Trial Nicole	7:10 Reformer 3.5 Sarah			
8:10 Reformer 1.5 Issy	8:10 Reformer 1.5 Brontë					

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.

