

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00 Oct 3 Reformer II Maeghan		7:00 Oct 5 Equipment Circuit Sarah		8:15 Reformer 1.5 Aiden	
9:15 Tower & Mat Sarah		9:15 Reformer 1.5 Maeghan	8:15 Reformer 1.5 Erinn	9:15 Tower & Oov Sarah	9:15 Reformer 2 Larissa	9:15 Reformer 1.5 Brontë
9:15 Reformer 1.5 Nicole	9:15 Reformer 1.5 Maeghan	9:15 Equipment Circuit 3 Sarah	9:15 Tower & Oov Maeghan	9:15 Reformer 2 Erinn	9:15 Mat Progression Aidan	10:15 Reformer + Toys Brontë
10:15 Oct 2 Reformer 3 Carolyn	10:15 Core Reformer I Maeghan	10:15 Core Reformer 2 Maeghan	9:15 Core Reformer 2 Erinn	10:15 Core Reformer I Sarah	10:15 Reformer 3 Larissa	11:15 Reformer 3 Brontë
11:15 Core Reformer I Nicole	11:15 Studio/Virtual Chair Pilates Erinn	10:15 Tower I Sarah	10:15 Reformer 2 Erinn	11:15 Reformer 1.5 Laura	11:15 Reformer 1.5 Aidan	
11:15 Oct 1 Tower 2 Carolyn	11:15 Reformer Trial Maeghan	12:15 Tower 2 Sarah				
11:15 Reformer 1.5 Nicole	5:15 Reformer 2 Brontë	5:15 Reformer 1.5 Laura	5:15 Core Reformer Sarah	<div> PACKAGE ALL CLASSES ARE 50 MINS IN LENGTH PRICE + HST </div> <div> 1 Group Class \$35 16 Group Classes \$450 Unlimited Group Classes/Month \$270 1 Class/Week Membership \$99 2 Group Class Privates \$145 </div>		
6:15 Reformer 1.5 Issy	6:15 Reformer 2.5 Brontë	6:15 Reformer 2 Nicole	6:15 Reformer 3 Sarah			
7:15 Reformer 2 Issy	7:15 Reformer 3 Brontë	7:15 Reformer Trial Nicole	7:15 Reformer 4 Sarah			
8:15 Reformer 1.5 Issy						

Reformer
Tower/Springboard
Mat

All in studio 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 – October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		7:00am Oct 4th Reformer 2 Alexis		7:00am Oct 6th Reformer 2.5 Alexis	8:15 Reformer 2 Alexis	
9:15 Clinical Pilates with Heather Finn, Registered Physiotherapist Book your app. by calling 519-836-4800 Speed River Physiotherapy	9:15 Oct 3rd Reformer 1.5 Nicole			9:15 Reformer 1.5 Brontë	9:15 Reformer 1.5 Alexis	
	10:15 In Studio/Virtual Reformer 3 · Caitlin	10:15 Reformer 1.5 Nicole		10:15 Reformer 3 Brontë	10:15 Reformer Trial Rotating Instructors	
		11:15 Reformer 2 Nicole	11:15 In Studio/Virtual Core Essential II · Nicole			
12:00 Reformer 1.5 Nicole	12:15 Reformer 2 Nicole		12:15 In Studio/Virtual Reformer 3 · Caitlin			
	1:15 Core Reformer Nicole					
5:15 Reformer 2 Nicole	5:15 Mat Progressions Alexis	5:15 Reformer 2 Brontë	6:15 Reformer 1.5 Alexis			
6:15 Reformer 3 Nicole		6:15 Reformer 2.5 Brontë	7:15 Reformer 2 Alexis			
7:15 Core Reformer Nicole			8:15 In Studio/Virtual Oov Alexis			
PACKAGE ALL CLASSES ARE 50 MINS IN LENGTH PRICE + HST						
1 Group Class						\$35
16 Group Classes						\$450
Unlimited Class Membership						\$275
1 Class/Week Membership						\$99
2 Group Class Privates						\$145
<div> <div></div> Reformer <div></div> Tower/Springboard <div></div> Mat </div>						

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.