



**MARCH SMALL GROUP TRAINING 2019** (Starts Friday March 1<sup>st</sup>)

<b>SPECIALTY CLASSES/WORKSHOPS</b>						
All classes \$20 + HST or package						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30am ATHLETE Andrea B	9:30am LIFT Andrea L	10:30am BEGINNER FLOOR WORK Kelly	9:30 FIGHTER CONDITIONING \$20/each Andrea B	9:15am ABS & ASS Sami	10:00am LIFT Andrea L	10:00am ATHLETE Kelly
5:30pm LIFT Andrea L	10:45am ACTIVE AGING FLOOR WORK Kelly			10:00am ABS & ASS Sami		
				5:30 BEGINNER FLOOR WORK Andrea B		

<b>PILATES REFORMER</b>						
All classes \$25 + HST or package						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:20am GENTLE REFORMER Kim	9:30am ATHLETIC REFORMER Kelly	8:15am GENTLE REFORMER Sami	8:00am REFORMER Kelly	8:20am GENTLE REFORMER Kim	9:00am REFORMER Brittany Brie	9:00am ATHLETIC REFORMER Kelly
9:30am REFORMER Melanie	6:45 REFORMER Sami	9:30am ADVANCED REFORMER Melanie	9:30am REFORMER Sami	9:30am ATHLETIC REFORMER Kelly	10:00am REFORMER Brittany Brie	10:00am BEGINNER REFORMER Kim
10:45am ACTIVE AGING REFORMER Kim		4:30pm REFORMER Brittany Brie	10:30 REFORMER Sami	10:45am ACTIVE AGING Brittany Brie		
6:30 BEGINNER REFORMER Kim		5:30pm REFORMER Brittany Brie	11:30am ACTIVE AGING Kelly			
		6:30 REFORMER Melanie	4:30pm ATHLETIC REFORMER Kelly			
			5:30 REFORMER Brittany Brie			
			6:45pm REFORMER Brittany Brie			

