

**STUDIO HOURS:** Mon - Wed 6am -9pm /Thurs 6am - 8:30pm/ Fri 6am - 7pm / Sat & Sun 7am - 2pm

| <b>SPECIALTY CLASSES</b>                       |  |   |   |   |   |  |
|--|--|---|---|---|---|--|
| All classes \$20 + HST or package purchase     |  |   |   |   |   |  |
| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY                                      | SUNDAY                                     |
| 9:15am<br><b>ATHLETE</b><br>Andrea L           | 9:30am<br><b>LIFT</b><br>Andrea L                  | 11:00am<br><b>INTRO TO FLOOR WORK</b><br>Andrea L | 9:30am<br><b>FIGHTER CONDITIONING</b><br>Andrea B | 9:15am<br><b>ABS &amp; ASS</b><br>Sami            | 9:15am<br><b>LEG DAY</b><br>Andrea L          | 10:00am<br><b>ATHLETE</b><br>Kelly         |
| 5:30pm<br><b>LIFT</b><br>Andrea L              | 10:45am<br><b>ACTIVE AGING FLOOR WORK</b><br>Kelly | 12:30pm<br><b>INTRO TO FLOOR WORK</b><br>Andrea L | 10:30am<br><b>LEG DAY</b><br>Sami                 | 10:00am<br><b>ABS &amp; ASS</b><br>Sami           |   |  |
|  | 12:30pm<br><b>INTRO TO BOXING</b><br>Andrea B      |   |   | 12:30pm<br><b>BEGINNER FULL BODY</b><br>Sami      |   |  |
|  | 5:30pm<br><b>FIGHTER CONDITIONING</b><br>Andrea B  |   |   |   |   |  |
| <b>PILATES REFORMER</b>                        |  |   |   |   |   |  |
| All classes \$25 + HST or package purchase     |  |   |   |   |   |  |
| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY                                      | SUNDAY                                     |
| 8:20am<br><b>GENTLE REFORMER</b><br>Kim        | 8:00am<br><b>REFORMER</b><br>Tracey                | 8:15am<br><b>GENTLE REFORMER</b><br>Sami          | 8:00am<br><b>REFORMER</b><br>Kelly                | 8:15am<br><b>GENTLE REFORMER</b><br>Kim           | 9:00am<br><b>REFORMER</b><br>Alanna           | 9:00am<br><b>REFORMER</b><br>Kelly         |
| 9:30am<br><b>REFORMER</b><br>Melanie           | 9:30am<br><b>ATHLETIC REFORMER</b><br>Kelly        | 9:30am<br><b>ADVANCED REFORMER</b><br>Melanie     | 9:30am<br><b>REFORMER</b><br>Sami                 | 9:30am<br><b>ATHLETIC REFORMER</b><br>Kelly       | 10:00am<br><b>ATHLETIC REFORMER</b><br>Alanna | 10:00am<br><b>BEGINNER REFORMER</b><br>Kim |
| 10:45am<br><b>ACTIVE AGING REFORMER</b><br>Kim | 5:30pm<br><b>REFORMER</b><br>Kelly                 | 4:30pm<br><b>REFORMER</b><br>Sami                 | 11:30am<br><b>ACTIVE AGING REFORMER</b><br>Kelly  | 10:45am<br><b>ACTIVE AGING REFORMER</b><br>Alanna |   |  |
| 6:30pm<br><b>BEGINNER REFORMER</b><br>Kim      | 6:45pm<br><b>REFORMER</b><br>Kelly                 | 6:30pm<br><b>REFORMER</b><br>Melanie              | 4:30pm<br><b>REFORMER</b><br>Sami                 |   |   |  |
|  |  |   | 5:45<br><b>REFORMER</b><br>Melanie                |   |   |  |