

STUDIO HOURS: Mon - Wed 6am -9pm /Thurs 6am - 8:30pm/ Fri 6am - 7pm / Sat & Sun 7am - 3pm

MARCH

SPECIALTY CLASSES						
All classes \$20 + HST or package purchase						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:15am ACTIVE AGING FLOOR WORK (with row) Kelly/Michelle	9:30am FULL BODY WORK Andrea L 10:45am ACTIVE AGING FLOOR WORK Kelly	11:00am ACTIVE AGING FLOOR WORK (with row) Carolyn	9:30am FIGHTER CONDITIONING Andrea B	9:15am ABS & ASS Sami 10:00am ABS & ASS Sami	9:15am LEG DAY Andrea L	10:00am ATHLETE Kelly
PILATES REFORMER						
All classes \$25 + HST or package purchase						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:20am GENTLE REFORMER Kim	8:00am REFORMER Tracey	8:15am GENTLE REFORMER Sami	8:00am REFORMER Kelly	8:15am GENTLE REFORMER Kim	9:00am REFORMER Alanna	9:00am REFORMER Kelly
9:30am REFORMER Melanie	9:30am ATHLETIC REFORMER Kelly	9:30am ADVANCED REFORMER Melanie	9:30am REFORMER Sami	9:30am ATHLETIC REFORMER Kelly	10:00am ATHLETIC REFORMER Alanna	10:00am BEGINNER REFORMER Kim
10:45am ACTIVE AGING REFORMER Kim	6:45pm REFORMER Sami	4:30pm REFORMER Sami	11:30am ACTIVE AGING REFORMER Kelly	10:45am ACTIVE AGING REFORMER Kim		
6:30pm BEGINNER REFORMER Kim		6:30pm REFORMER Melanie	5:45 REFORMER Melanie			