



Fall 2020 Session Week of November 2, 2020 to Week of December 14th, 2020 (7 weeks)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	9am Mixed Levels Mat	9am Pilates with Props (Virtual option available)		9am Pilates with Props (Virtual option available)		9am Core Reformer
	9am Reformer Challenge	9am Reformer Challenge		9am Reformer Boost		
	10 am Actively Ageing Strength & Balance	10am TRX	10am Core Reformer	10am Reformer Progressions	10am Fascial Focus (Virtual option available)	10am Mixed Levels Reformer
	10am Core Reformer	10am Reformer Progressions			10am Core Reformer	
				11:30am Actively Ageing Reformer	<p>Important Notes</p> <ul style="list-style-type: none"> - A minimum of 6 hours notice is required of you will be charged for the class - Make-up classes are permitted where space allows. - 3 – 6 participants per equipment class (green) - Maximum of 3 participants in studio per Mat based classes (blue) - Drop-in classes are allowed space permitting. Please call ahead to reserve your space. - Virtual options are available where listed and run in conjunction with in-person classes. - Please fill in our COVID screen prior to attending the studio for classes http://www.movementunlimitedinc.com/COVID/Covid-Screen.html <p>Drop-in Prices Mat based \$19 plus tax Equipment based \$32 plus tax</p>	
Afternoon	12noon Back Care Reformer		1pm Reformer Boost	12:30pm Actively Ageing Reformer		
		2pm Reformer Progressions				
		3pm Core Reformer				
Evening	6pm TRX/HIIT		6pm Reformer Boost			
	6pm Reformer Challenge			7pm Reformer Progressions		