



Fall 2020 Session Week of September 13, 2020 to Week of October 25th, 2020 (7 weeks)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|-----------|---|--|-------------------------------------|--|--------|--|--------------------------------------|
| Morning | 9am Mixed Levels Mat | 9am Pilates with Props (Virtual option) | 9am Core Reformer | 9am Pilates with Props (Virtual option) | | 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) | 10am Mixed Levels Reformer |
| | 10am Core Reformer | 10am Reformer Progressions | | | | 10am Core Reformer | |
| | | | | 11:30am Actively Ageing Reformer | | Important Notes <ul style="list-style-type: none"> - Studio is closed Monday October 12 for Thanksgiving. The Monday session is only 6 weeks - 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 5 participants 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. Drop-in Prices Mat based \$19 plus tax Equipment based \$32 plus tax | |
| Afternoon | 12noon Back Care Reformer | | 1pm Reformer Boost | 12:30pm Actively Ageing Reformer | | | |
| | | 2pm Reformer Progressions | | | | | |
| | | 3pm Core Reformer | | | | | |
| Evening | 6pm TRX/HIIT | | 6pm Pilates with Props | | | | |
| | 6pm Reformer Challenge | | 6pm Reformer Boost | | | | |
| | | | 7pm Reformer Progressions | | | | |