



Winter 2021 Session Week of January 4, 2021 to Week of February 22, 2021 (8 weeks)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Morning	9am Mixed Levels Mat	9am Pilates with Props <small>(Virtual option available)</small>	9am Mixed Levels Reformer <b>(MASKS ONLY)</b>	9am Pilates with Props <small>(Virtual option available)</small>		9am Core Reformer	
	9am Reformer Challenge	9am Reformer Challenge		9am Reformer Boost <b>(MASKS ONLY)</b>			
	10 am Actively Ageing Strength & Balance	10am TRX	10am Core Reformer	10am Reformer Progressions		10am Fascial Focus <b>(MASKS ONLY)</b> <small>(Virtual option available)</small>	10am Mixed Levels Reformer
	10am Core Reformer <b>(MASKS ONLY)</b>	10am Reformer Progressions				10am Core Reformer <b>(MASKS ONLY)</b>	
				11:30am Actively Ageing Reformer		<b>Important Notes</b> <ul style="list-style-type: none"> <li>- A minimum of 6 hours notice is required of you will be charged for the class</li> <li>- Make-up classes are permitted where space allows.</li> <li>- 3 – 6 participants per equipment class (green)</li> <li>- Maximum of 3 participants in studio per Mat based classes (blue)</li> <li>- Drop-in classes are allowed space permitting. Please call ahead to reserve your space.</li> <li>- Virtual options are available where listed and run in conjunction with in-person classes.</li> <li>- Please fill in our COVID screen prior to attending the studio for classes <a href="http://www.movementunlimitedinc.com/COVID/Covid-Screen.html">http://www.movementunlimitedinc.com/COVID/Covid-Screen.html</a></li> <li>- <b>MASKS ONLY</b> designates a class where all participants and teachers will be wearing masks during class</li> </ul> <p><b>Drop-in Prices</b> 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				