



FALL 2018 Class Schedule

Class Passes:

10 Class Pass: \$150 plus HST = \$169.50

20 Class Pass: \$300 plus HST = \$339.00

Single Class: \$20 plus HST = \$22.60

NO CLASSES SUNDAY OCT 7th and MONDAY, OCT 8th (Thanksgiving Holiday)

Classes may be cancelled due to low attendance or instructor availability.

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6:30-7:15 am		Strength & Conditioning Intervals		Strength & Conditioning Circuit		
8:00-8:50 am			TRX/Bosu Circuit			
9:00-9:55 am	Pendotion™ Balanced Movement	Strength & Conditioning Intervals	Pilates Circuit	Strength & Conditioning Circuit	Pilates Fusion	
10:00-10:55 am	Strength and Conditioning Basics		Yoga: Yin/Flow (60 min)	Pilates Fusion	Guided Meditation (60 min.)	Pendotion™ OR Flow Yoga (60 min.)
6:00-6:55 pm	Pilates Fusion					
7:00-8:15 pm	Unwind Yoga					