

\*Schedule subject to change without notice, we reserve the right to cancel classes due to low enrolment.

WINTER SCHEDULE 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				7:15 (45 min.) ■ ATHLETIC CONDITIONING FOR MEN	
	7:30 (55 min.) ● CIRCUIT 3		7:30 (55 min.) ● CIRCUIT 3		
		8:00 (55 min.) ■ REFORMER 3			
	8:30 (55 min.) ▲ MAT 2		8:30 (55 min.) ■ REFORMER 4		
9:00 (55 min.) ▲ MAT 3		9:00 (55 min.) ▲ MAT 5		9:00 (55 min.) ■ REFORMER 5	9:00 (55 min.) ▲ MAT 5
			9:30 (55 min.) ■ REFORMER 3-4		
10:00 (55 min.) ■ GENTLE REFORMER 2	10:00 (55 min.) ■ REFORMER 3	10:00 (55 min.) ▲ GENTLE MAT 2		10:00 (55 min.) ▲ YOGA	
					10:30 (55 min.) ■ REFORMER 3
11:00 (55 min.) ■ ATHLETIC CONDITIONING ON REFORMER 4-5			11:00 (55 min.) ▲ MAT 3	11:00 (55 min.) ■ REFORMER 2	
					11:30 (55 min.) ■ REFORMER 2
	12:00 (55 min.) ■ ATHLETIC CONDITIONING ON EQUIPMENT 4-5	12:00 (55 min.) ■ REFORMER 3	12:00 (55 min.) ■ ATHLETIC CONDITIONING ON EQUIPMENT 4-5	12:00 (55 min.) ▲ MAT 3	
					12:30 (55 min.) ▲ MAT 2
	17:00 (55 min.) ■ REFORMER 2	17:00 (55 min.) ■ REFORMER 3			
18:00 (55 min.) ■ REFORMER 3-4		18:00 (45 min.) ■ CARDIO FIX 3-4	18:00 (55 min.) ▲ MAT 2		
19:00 (45 min.) ■ PILATES FOCUS: UPPER BODY	19:00 (55 min.) ▲ MAT AND STRETCH 3		19:00 (45 min.) ■ PILATES FOCUS: LOWER BODY		

**DENOTES PRICE CATEGORY**  
 \$: ▲ CATEGORY A / \$: ■ CATEGORY B / \$: ● CATEGORY C

**LEVEL 2** = essential  
**LEVEL 3** = essential / intermediate  
**LEVEL 4** = intermediate  
**LEVEL 5** = intermediate / advanced

Privates and semi privates available throughout the day.