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**PACKAGE ALL CLASSES ARE 50 MINS IN LENGTH**

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<thead>
<tr>
<th><strong>PRICE + HST</strong></th>
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<tbody>
<tr>
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<tr>
<td>Unlimited Group Classes Membership</td>
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<tr>
<td>1 Class/Week Membership</td>
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<td>2 Classes/Week Membership</td>
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All in studio classes and virtual classes are 50 minutes. All privates and studio classes will require 24 hours cancellation otherwise the full fee will be charged. Classes and private sessions are nonrefundable. All equipment/clothing bought at the studio is non-refundable. All contracts can be suspending with 2 week’s notice.

---

**Reformer** | **Tower/Springboard** | **Mat**
### Monday
- 7:00: Reform 2
  - Alexis
- 9:10: Reform 1.5
  - Nicole
- 9:10: Reform 1.5
  - Caitlin
- 11:10: Core Reform 2
  - Alexis
- 12:10: Reform 2
  - Nicole B
- 12:10: Core Reform
  - Nicole B
- 1:10: Core Reform
  - Nicole B
- 5:10: Reform 1.5
  - Nicole
- 6:10: Reform 2.5
  - Nicole
- 7:10: Core Reform
  - Nicole

### Tuesday
- 7:00: Reform 2.5
  - Alexis
- 8:10: Reform Intense
  - Alexis
- 8:10: Reform 2
  - Alexis
- 9:10: Reform 1.5
  - Alexis
- 9:10: Reform 1.5
  - Alexia
- 9:10: Reform 1.5
  - Bronte
- 9:10: Reform 1.5
  - Bronte
- 9:10: Reform 1.5
  - Bronte
- 9:10: Reform 1.5
  - Bronte
- 9:10: Reform 1.5
  - Bronte
- 10:10: Reform 2
  - Nicole B
- 10:10: Reform 2
  - Nicole B
- 11:10: Core Essentials
  - Nicole
- 12:10: Reform 2
  - Alexis
- 12:10: Reform 2
  - Alexis
- 12:10: Reform 2
  - Alexis
- 12:10: Reform 2
  - Alexis
- 11:10: Trial Reformer
  - Rotation Instructors

### Wednesday
- 7:00: Reform 2.5
  - Alexis
- 8:10: Reform Intense
  - Alexis
- 8:10: Reform 2
  - Alexis
- 9:10: Reform 1.5
  - Alexis
- 9:10: Reform 1.5
  - Alexis
- 9:10: Reform 1.5
  - Alexis
- 9:10: Reform 1.5
  - Alexis
- 9:10: Reform 1.5
  - Alexis
- 10:10: Reform 2
  - Nicole B
- 10:10: Reform 2
  - Nicole B
- 10:10: Reform 2
  - Nicole B
- 10:10: Reform 2
  - Nicole B
- 11:10: Core Essentials
  - Nicole
- 12:10: Reform 2
  - Alexis
- 12:10: Reform 2
  - Alexis
- 12:10: Reform 2
  - Alexis
- 12:10: Reform 2
  - Alexis
- 11:10: Trial Reformer
  - Rotation Instructors

### Thursday
- 7:00: Reform 2.5
  - Alexis
- 8:10: Reform Intense
  - Alexis
- 8:10: Reform 2
  - Alexis
- 9:10: Reform 1.5
  - Alexis
- 9:10: Reform 1.5
  - Alexis
- 9:10: Reform 1.5
  - Alexis
- 9:10: Reform 1.5
  - Alexis
- 9:10: Reform 1.5
  - Alexis
- 10:10: Reform 2
  - Nicole B
- 10:10: Reform 2
  - Nicole B
- 10:10: Reform 2
  - Nicole B
- 10:10: Reform 2
  - Nicole B
- 11:10: Core Essentials
  - Nicole
- 12:10: Reform 2
  - Alexis
- 12:10: Reform 2
  - Alexis
- 12:10: Reform 2
  - Alexis
- 12:10: Reform 2
  - Alexis
- 11:10: Trial Reformer
  - Rotation Instructors

### Friday
- 7:00: Reform 2.5
  - Alexis
- 8:10: Reform Intense
  - Alexis
- 8:10: Reform 2
  - Alexis
- 9:10: Reform 1.5
  - Alexis
- 9:10: Reform 1.5
  - Alexis
- 9:10: Reform 1.5
  - Alexis
- 9:10: Reform 1.5
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- 9:10: Reform 1.5
  - Alexis
- 10:10: Reform 2
  - Nicole B
- 10:10: Reform 2
  - Nicole B
- 10:10: Reform 2
  - Nicole B
- 10:10: Reform 2
  - Nicole B
- 11:10: Core Essentials
  - Nicole
- 12:10: Reform 2
  - Alexis
- 12:10: Reform 2
  - Alexis
- 12:10: Reform 2
  - Alexis
- 12:10: Reform 2
  - Alexis
- 11:10: Trial Reformer
  - Rotation Instructors

### Saturday
- 7:00: Reform 2.5
  - Alexis
- 8:10: Reform Intense
  - Alexis
- 8:10: Reform 2
  - Alexis
- 9:10: Reform 1.5
  - Alexis
- 9:10: Reform 1.5
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- 9:10: Reform 1.5
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- 9:10: Reform 1.5
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- 9:10: Reform 1.5
  - Alexis
- 10:10: Reform 2
  - Nicole B
- 10:10: Reform 2
  - Nicole B
- 10:10: Reform 2
  - Nicole B
- 10:10: Reform 2
  - Nicole B
- 11:10: Core Essentials
  - Nicole
- 12:10: Reform 2
  - Alexis
- 12:10: Reform 2
  - Alexis
- 12:10: Reform 2
  - Alexis
- 12:10: Reform 2
  - Alexis
- 11:10: Trial Reformer
  - Rotation Instructors

### Sunday
- 7:00: Reform 2.5
  - Alexis
- 8:10: Reform Intense
  - Alexis
- 8:10: Reform 2
  - Alexis
- 9:10: Reform 1.5
  - Alexis
- 9:10: Reform 1.5
  - Alexis
- 9:10: Reform 1.5
  - Alexis
- 9:10: Reform 1.5
  - Alexis
- 9:10: Reform 1.5
  - Alexis
- 10:10: Reform 2
  - Nicole B
- 10:10: Reform 2
  - Nicole B
- 10:10: Reform 2
  - Nicole B
- 10:10: Reform 2
  - Nicole B
- 11:10: Core Essentials
  - Nicole
- 12:10: Reform 2
  - Alexis
- 12:10: Reform 2
  - Alexis
- 12:10: Reform 2
  - Alexis
- 12:10: Reform 2
  - Alexis
- 11:10: Trial Reformer
  - Rotation Instructors

### Pricing

<table>
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<th>ALL CLASSES ARE 50 MINS IN LENGTH</th>
<th>PRICE + HST</th>
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