



Class Schedule

Mar 6 – Apr 29, 2017

Reformer (in groups up to 7) and Wunda Chair (in groups up to 6) are **by appointment only**.
 To book Private, Duet, Reformer and Wunda Chair Classes please call (613) PILATES (745-2837)
 or email info@PilatesSpace.com. 24 hour cancellation policy applies.

8 Week Introductory Group Class: REGISTER EARLY!
 Monday, March 6 to Saturday, April 29, 2017.

Holidays: Closed – Friday, April 14 to Monday, April 17 for Easter. Classes resume Tuesday, April 18

Class cards are valid for all classes except Reformer and Wunda Chair.
 Teachers are subject to change without notice. Classes without sufficient interest are subject to cancellation.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12pm INTRO Charlie Starts Mar 6 1pm Fletcher Fusion™ (All Levels) Charlie	11am Reformer (Intermediate) Jacqueline 12pm Fletcher Fusion™ (Advanced) Jacqueline 1pm Reformer (Beginner) Mary Catherine	12pm Fletcher Fusion™ (Beg/Int) Mary Catherine 1pm Chair/Reformer (Intermediate) Mary Catherine	11am Reformer (Int/Advanced) Jacqueline 12pm INTRO Charlie Starts Mar 9 NEW – 8 Weeks! 1pm Reformer (INTRO) Charlie Starts Mar 9 1pm Wunda Chair (All Levels) Jacqueline	11am Fletcher Fusion™ (Beg/Int) Mary Catherine 12pm Fletcher Fusion™ (Beg/Int) Cathy 12pm Reformer (Intermediate) Mary Catherine	10am Fletcher Barrework® (All Levels) Anne 11am INTRO Anne Starts Mar 11 NEW Level! 12pm Fletcher Fusion™ (Intermediate) Jane NEW Class! 1pm Fletcher Fusion™ (Beginner) Jane
5:15pm Reformer (Int/Adv) Jacqueline 5:30pm Fletcher Fusion™ (Beg/Int) Charlie 6:30pm Reformer (Beginner) Anne 6:30pm INTRO Charlie Starts Mar 6 7:30pm Fletcher Fusion™ (Beg/Int) Charlie NEW – 8 Weeks! 7:30pm Reformer (INTRO) Anne Starts Mar 6	5pm Reformer (Beg/Int) Mary Catherine 6pm Fletcher Fusion™ (Beg/Int) Mary Catherine	5pm Reformer (Intermediate) Mary Catherine 5pm INTRO Anne Starts Mar 8 6pm Fletcher Fusion™ (Beg/Int) Mary Catherine 6pm Reformer (Beginner) Anne	NEW Level! 6pm Wunda Chair (Beg/Int) Anne 7pm Reformer (Beginner) Anne	Fletcher Fusion™: A full-body workout that includes at least 2 of the following: Matwork Spine Corrector Fletcher Towelwork® Fletcher Barrework® Fletcher Floorwork®	