



Class Schedule

May 1 – June 24, 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, May 1 to Saturday, June 24, 2017.

Holidays: Closed – Monday, May 22 for Victoria Day.

Group Class (Fletcher Fusion™) 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
<p>NEW – 8 Weeks! 11am Wunda Chair (INTRO) Charlie Starts May 1</p> <p>12pm INTRO Charlie Starts May 1</p> <p>1pm Fletcher Fusion™ (All Levels) Charlie</p>	<p>11am Reformer (Intermediate) Jacqueline</p> <p>12pm Fletcher Fusion™ (Advanced) Jacqueline</p> <p>1pm Reformer (Beginner) Mary Catherine</p>	<p>12pm Fletcher Fusion™ (Beg/Int) Mary Catherine</p> <p>1pm Chair/Reformer (Intermediate) Mary Catherine</p>	<p>11am Reformer (Int/Advanced) Jacqueline</p> <p>12pm INTRO Charlie Starts May 4</p> <p>NEW Class! 1pm Reformer (Beginner) Charlie Starts May 4</p> <p>1pm Wunda Chair (All Levels) Jacqueline</p>	<p>NEW – 8 Weeks! 11am Reformer (INTRO) Charlie Starts May 5</p> <p>11am Fletcher Fusion™ (Beg/Int) Mary Catherine</p> <p>12pm Fletcher Fusion™ (Beg/Int) Cathy</p> <p>12pm Reformer (Intermediate) Mary Catherine</p>	<p>10am Fletcher Barrowork® (All Levels) Anne</p> <p>11am INTRO Anne Starts May 6</p> <p>NEW Level! 12pm Fletcher Fusion™ (Intermediate) Jane</p> <p>NEW Class! 1pm Fletcher Fusion™ (Beginner) Jane</p> <p>NEW – 8 Weeks! 12pm Reformer (INTRO) Anne Starts May 6</p>
<p>5:15pm Reformer (Int/Adv) Jacqueline</p> <p>5:30pm Fletcher Fusion™ (Beg/Int) Charlie</p> <p>6:30pm Reformer (Beginner) Anne</p> <p>6:30pm INTRO Charlie Starts May 1</p> <p>7:30pm Fletcher Fusion™ (Beg/Int) Anne</p> <p>NEW – 8 Weeks! 7:30pm Reformer (INTRO) Charlie Starts May 1</p>	<p>5pm Reformer (Beg/Int) Mary Catherine</p> <p>6pm Fletcher Fusion™ (Beg/Int) Mary Catherine</p>	<p>5pm Reformer (Intermediate) Mary Catherine</p> <p>5pm INTRO Anne Starts May 3</p> <p>6pm Fletcher Fusion™ (Beg/Int) Mary Catherine</p> <p>6pm Reformer (Beginner) Anne</p>	<p>NEW – 8 Weeks! 5pm Wunda Chair (INTRO) Anne Starts May 4</p> <p>NEW Level! 6pm Wunda Chair (Beg/Int) Anne</p> <p>7pm Reformer (Beginner) Anne</p>	<p>Fletcher Fusion™:</p> <p>A full-body workout that includes at least 2 of the following:</p> <p>Matwork Magic Circle Spine Corrector Fletcher Towelwork® Fletcher Barrowork® Fletcher Floorwork®</p>	