



Class Schedule

October 30 – December 16, 2017

Reformer and Wunda Chair (in groups up to 7) 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.

7 Week Introductory Group Class: REGISTER EARLY!

Monday, October 30 to Saturday, December 16, 2017.

Holidays: Closed – Monday, December 18 to Monday, January 1 for Winter Holidays

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
12pm INTRO Charlie Starts Oct 30 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 1pm Wunda Chair (All Levels) Jacqueline	11am Reformer (Beginner) Cathy 11am Fletcher Fusion™ (Beg/Int) Mary Catherine 12pm Reformer (Intermediate) Mary Catherine	10am Fletcher Barrework® (All Levels) Kim 11am INTRO Kim Starts Nov 4 12pm Fletcher Fusion™ (Beg/Int) Jane NEW Class! 12pm Reformer (Beginner) Kim Starts Nov 4
5:15pm Reformer (Int/Adv) Jacqueline 5:30pm Fletcher Fusion™ (Beg/Int) Charlie 6:30pm Reformer (Beginner) Kim 6:30pm INTRO Charlie Starts Oct 30 NEW Class! 7 Weeks 7:30pm Wunda Chair (INTRO) Kim Starts Oct 30 7:30pm Reformer (Beginner) Charlie	5pm Reformer (Beg/Int) Mary Catherine 6pm Fletcher Fusion™ (Beg/Int) Mary Catherine NEW Class! 7 Weeks 6pm Reformer (INTRO) Jean-Charles Starts Oct 31	5pm Reformer (Intermediate) Mary Catherine 5pm INTRO Charlie Starts Nov 1 6pm Fletcher Fusion™ (Beg/Int) Mary Catherine 6pm Reformer (Beginner) Charlie	NEW Class! 5:15pm Fletcher Fusion™ (All Levels) Kim NEW Time! 6:15pm Wunda Chair (Beg/Int) Kim NEW Time! 7:15pm Reformer (Beginner) Kim	Fletcher Fusion™: A full-body workout that includes at least 2 of the following: Matwork Magic Circle Spine Corrector Fletcher Towelwork® Fletcher Barrework® Fletcher Floorwork®	