



# Class Schedule

March 5 – April 28, 2018

Full-Time Student Discount: 20% Off or 2-for-1 (with Valid ID)

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](mailto:info@PilatesSpace.com). 24 hour cancellation policy applies.

**8 Week Introductory Group Class: REGISTER EARLY!**  
 Monday, March 5 to Saturday, April 28, 2018.

**Holidays: Closed – Friday, March 30 - Monday, April 2 for Easter**

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