



Class Schedule

June 25 – August 30, 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. 24 hour cancellation policy applies.

8 Week Introductory Group Class: REGISTER EARLY!
 Monday, June 25 to Saturday, August 18, 2018.

Holidays: Closed – Friday, August 3 thru Monday, August 6. Classes resume Tuesday, August 7

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 June 25 1pm Fletcher Fusion™ (All Levels) Charlie	11am Reformer (Intermediate) Jacqueline <hr/> NEW Time! 12pm Reformer (Beginner) Cathy <hr/> 12pm Fletcher Fusion™ (Advanced) Jacqueline June 26 – July 31 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 Fletcher Fusion™ (Beg/Int) Mary Catherine 12pm Reformer (Intermediate) Mary Catherine	10am Fletcher Barrework® (All Levels) Kim 11am INTRO Kim Starts June 30 12pm Fletcher Fusion™ (Beg/Int) Jane 12pm Reformer (Beginner) Kim <hr/> NEW Class! 8 Weeks 1pm Reformer (INTRO) Jane Starts June 30
5pm Reformer (Int/Adv) MCJ July 9 – Aug 27 5:15pm Reformer (Int/Adv) Jacqueline June 25 – July 2 5:30pm Fletcher Fusion™ (Beg/Int) Charlie <hr/> NEW Class! 6:30pm Reformer (Beginner) Kim <hr/> 6:30pm INTRO Charlie Starts June 25 <hr/> NEW Class! 7:30pm Reformer (Beginner) Kim	5pm Reformer (Beg/Int) Mary Catherine 6pm Fletcher Fusion™ (Beg/Int) Mary Catherine	5pm Reformer (Intermediate) Mary Catherine 5pm INTRO Charlie Starts June 27 6pm Fletcher Fusion™ (Beg/Int) Mary Catherine 6pm Reformer (Beginner) Charlie	<hr/> NEW Class! 5:15pm Fletcher Fusion™ (All Levels) Charlie 6:15pm Wunda Chair (Beg/Int) Charlie 7:15pm Reformer (Beginner) Charlie	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®	