



# Class Schedule

October 29 – December 15, 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.

## 7 Week Introductory Group Class: REGISTER EARLY!

Monday, October 29 to Saturday, December 15, 2018.

**Holidays:** Closed – Mon, Dec 17, 2018 thru Tues, Jan 1, 2019. Classes resume Wed, Jan 2, 2019

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>12pm <b>INTRO</b> Charlie Starts Oct 29</p> <p>1pm <b>Fletcher Fusion™</b> (All Levels) Charlie</p>	<p>11am <b>Reformer</b> (Intermediate) Jacqueline</p> <p>12pm <b>Fletcher Fusion™</b> (Advanced) Jacqueline Starts Sept 4</p> <p>1pm <b>Reformer</b> (Beginner) Mary Catherine</p>	<p>12pm <b>Fletcher Fusion™</b> (Beg/Int) Mary Catherine</p> <p>1pm <b>Chair/Reformer</b> (Intermediate) Mary Catherine</p>	<p>11am <b>Reformer</b> (Int/Advanced) Jacqueline</p> <p>1pm <b>Wunda Chair</b> (All Levels) Jacqueline</p>	<p>11am <b>Reformer</b> (Beginner) Cathy</p> <p>11am <b>Fletcher Fusion™</b> (Beg/Int) Mary Catherine</p> <p>12pm <b>Reformer</b> (Intermediate) Mary Catherine</p> <hr/> <p><b>NEW Class!</b> 12pm <b>Essentrics</b> (All Levels) Ashley Nov 23 – Dec 14</p>	<p>10am <b>Fletcher Barrework®</b> (All Levels) Kim</p> <hr/> <p><b>NEW Class! 7 Weeks</b> 10am <b>Reformer</b> (INTRO) Jean-Charles Starts Nov 3</p> <hr/> <p>11am <b>INTRO</b> Kim Starts Nov 3</p> <p>12pm <b>Fletcher Fusion™</b> (Beg/Int) Jane</p> <p>12pm <b>Reformer</b> (Beginner) Kim</p>
<p>5:15pm <b>Reformer (Int/Adv)</b> Jacqueline</p> <p>5:30pm <b>Fletcher Fusion™</b> (Beg/Int) Charlie</p> <p>6:30pm <b>Reformer</b> (Beginner) Kim</p> <p>6:30pm <b>INTRO</b> Charlie Starts Oct 29</p> <p>7:30pm <b>Reformer</b> (Beginner) Kim</p>	<p>5pm <b>Reformer</b> (Beg/Int) Mary Catherine</p> <p>6pm <b>Fletcher Fusion™</b> (Beg/Int) Mary Catherine</p>	<p>5pm <b>Reformer</b> (Intermediate) Mary Catherine</p> <p>5pm <b>INTRO</b> Charlie Starts Oct 31</p> <p>6pm <b>Fletcher Fusion™</b> (Beg/Int) Mary Catherine</p> <p>6pm <b>Reformer (Beginner)</b> Charlie</p> <hr/> <p><b>NEW Class!</b> 7pm <b>Reformer</b> (Beginner) Charlie</p>	<p>5:15pm <b>Fletcher Fusion™</b> (All Levels) Kim</p> <p>6:15pm <b>Wunda Chair</b> (Beg/Int) Kim</p> <p>7:15pm <b>Reformer</b> (Beginner) Kim</p>	<hr/> <p><b>NEW Class!</b> 1pm <b>Reformer</b> (Beginner) Jane Starts Nov 3</p> <hr/> <p><b>Fletcher Fusion™:</b>  A full-body workout that includes at least 2 of the following:  <b>Matwork</b> Magic Circle Spine Corrector <b>Fletcher Towelwork®</b> <b>Fletcher Barrework®</b> <b>Fletcher Floorwork®</b></p>	