



Class Schedule

September 4 – October 27, 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.

7 Week Introductory Group Class: REGISTER EARLY!
 Monday, September 10 to Saturday, October 27, 2018.

Holidays: Closed – Friday, October 5 thru Monday, October 8. Classes resume Tuesday, October 9

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 INTRO Charlie Starts Sept 10</p> <p>1pm Fletcher Fusion™ (All Levels) Charlie</p>	<p>11am Reformer (Intermediate) Jacqueline</p> <p>12pm Fletcher Fusion™ (Advanced) Jacqueline Starts Sept 4</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>1pm Wunda Chair (All Levels) Jacqueline</p>	<p>NEW Class! 11am Reformer (Beginner) Cathy Starts Sept 7</p> <p>11am Fletcher Fusion™ (Beg/Int) Mary Catherine</p> <p>12pm Reformer (Intermediate) Mary Catherine</p>	<p>10am Fletcher Barrework® (All Levels) Kim</p> <p>11am INTRO Kim Starts Sept 15</p> <p>12pm Fletcher Fusion™ (Beg/Int) Jane</p> <p>12pm Reformer (Beginner) Kim</p> <p>NEW Class! 7 Weeks 1pm Reformer (INTRO) Jane Starts Sept 15</p>
<p>5:15pm Reformer (Int/Adv) Jacqueline Starts Sept 10</p> <p>5:30pm Fletcher Fusion™ (Beg/Int) Charlie</p> <p>NEW Class! 6:30pm Reformer (Beginner) Kim</p> <p>6:30pm INTRO Charlie Starts Sept 10</p> <p>NEW Class! 7:30pm Reformer (Beginner) Kim</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 Charlie Starts Sept 12</p> <p>6pm Fletcher Fusion™ (Beg/Int) Mary Catherine</p> <p>6pm Reformer (Beginner) Charlie</p> <p>NEW Class! 7:00pm Reformer (Beginner) Charlie</p>	<p>NEW Class! 5:15pm Fletcher Fusion™ (All Levels) Kim</p> <p>6:15pm Wunda Chair (Beg/Int) Kim</p> <p>7:15pm Reformer (Beginner) Kim</p>	<p>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®</p>	