



# Class Schedule

January 2 – March 2, 2019

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, January 7 to Saturday, March 2, 2019.

**Holidays: Closed – Monday, February 18, 2019 for Family Day**

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 Jan 7</p> <p>1pm <b>Fletcher Fusion™</b> (All Levels) Charlie</p>	<p>11am <b>Reformer</b> (Intermediate) Jacqueline</p> <hr/> <p><b>NEW Class!</b> 12pm <b>Towelwork® /</b> <b>Sprine Corrector</b> (Intermediate/Advanced) Jacqueline Starts Jan 8</p> <hr/> <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 Jan 4 – 25</p>	<p>10am <b>Fletcher Barwork®</b> (All Levels) Kim</p> <hr/> <p><b>NEW Class!</b> 10am <b>Reformer</b> (Beginner) JC - Starts Jan 5</p> <hr/> <p><b>NEW Class! 8 Weeks</b> 11am <b>Reformer</b> (INTRO) JC - Starts Jan 12</p> <hr/> <p>11am <b>INTRO</b> Kim Starts Jan 12</p> <p>12pm <b>Fletcher Fusion™</b> (Beg/Int) Jane</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 Jan 7</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 Jan 9</p> <p>6pm <b>Fletcher Fusion™</b> (Beg/Int) Mary Catherine</p> <hr/> <p><b>NEW Level!</b> 6pm <b>Reformer (Beg/Int)</b> Charlie</p> <hr/> <p><b>NEW Class! 8 Weeks</b> 7pm <b>Reformer</b> (INTRO) Starts Jan 9 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>	<p>12pm <b>Reformer</b> (Beginner) Kim</p> <hr/> <p><b>NEW Class!</b> 1pm <b>Reformer</b> (Beginner) Jane Starts Jan 5</p> <hr/> <p><b>Fletcher Fusion™:</b>  A full-body workout that includes at least 2 of the following:  Matwork Magic Circle Spine Corrector Fletcher Towelwork® Fletcher Barwork® Fletcher Floorwork®</p>	