



# Class Schedule

June 24 – August 29, 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, June 24 to Saturday, August 17, 2019.

**Holidays:** Closed – Mon, July 1 for Canada Day & Fri, Aug 2 thru Mon, Aug 5 for the Civic Holiday.

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>11am <b>Reformer</b> (Intermediate) Jacqueline</p> <p><b>NEW Time for Summer!</b> 12 pm <b>Reformer</b> (Beginner) Cathy (June 4 – Aug 27 only)</p> <p>1 pm <b>Fletcher Fusion™</b> (All Levels) Charlie</p>	<p>11am <b>Reformer</b> (Intermediate) Jacqueline</p> <p><b>NEW Time for Summer!</b> 12 pm <b>Reformer</b> (Beginner) Cathy (June 4 – Aug 27 only)</p> <p>1 pm <b>Reformer</b> (Beginner) Mary Catherine</p>	<p>12 pm <b>Fletcher Fusion™</b> (Beg/Int) Mary Catherine</p> <p>1 pm <b>Chair/Reformer</b> (Intermediate) Mary Catherine</p>	<p>11 am <b>Reformer</b> (Int/Advanced) Jacqueline</p> <p>1 pm <b>Wunda Chair</b> (All Levels) Jacqueline</p>	<p>11 am <b>Fletcher Fusion™</b> (Beg/Int) Mary Catherine</p> <p>12 pm <b>Reformer</b> (Intermediate) Mary Catherine</p>	<p>10 am <b>Fletcher Barrework®</b> (All Levels) Kim</p> <p>10 am <b>Reformer</b> (Beginner) J-C</p> <p>11 am <b>Reformer</b> (Beginner) J-C</p> <p>11 am <b>INTRO</b> Kim <b>Starts June 29</b></p> <p>12 pm <b>Fletcher Fusion™</b> (Beg/Int) Jane</p>
<p><b>NEW Time for Summer!</b> 5 pm <b>Reformer (Int/Adv)</b> Mary Catherine (July 8 – Aug 26 only)</p> <p>5:30pm <b>Fletcher Fusion™</b> (Beg/Int) Charlie</p> <p><b>NEW TIME !</b> 6:15 pm <b>Reformer</b> (Beginner) Kim</p> <p>6:30 pm <b>INTRO</b> Charlie <b>Starts June 24</b></p> <p><b>NEW TIME !</b> 7:15 pm <b>Reformer</b> (Beginner) Kim</p>	<p>5 pm <b>Reformer</b> (Beg/Int) Mary Catherine</p> <p>6 pm <b>Fletcher Fusion™</b> (Beg/Int) Mary Catherine</p> <p>7 pm <b>Reformer (INTRO)</b> Mary Catherine/Jenn <b>Starts June 25</b></p>	<p>5 pm <b>Reformer</b> (Intermediate) Mary Catherine</p> <p>5 pm <b>INTRO</b> J-C <b>Starts June 26</b></p> <p>6 pm <b>Fletcher Fusion™</b> (Beg/Int) Mary Catherine</p> <p>6 pm <b>Reformer</b> (Beg/Int) J-C</p>	<p>5:15 pm <b>Fletcher Fusion™</b> (All Levels) Kim</p> <p>6:15 pm <b>Wunda Chair</b> (Beg/Int) Kim</p> <p>7:15 pm <b>Reformer</b> (Beginner) Kim</p>		<p>12 pm <b>Reformer</b> (Beginner) Kim</p> <p><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></p>