Class Schedule

Mar 9 – May 2, 2020

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, March 9 to Saturday, May 2, 2020.

Holidays: Closed – **Fri, Apr 10 thru Mon, Apr 13, 2020; Classes resume Tues, Apr 14 – Easter 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
12 pm **INTRO** Charlie **Starts Mar 9** 1 pm **Fletcher Fusion™** **(All Levels)** Charlie	11am **Reformer** **(Intermediate)** Jacqueline **NEW CLASS!!!** 12 pm **Spine Corrector** **(All Levels)** Jacqueline 1 pm **Reformer** **(Beginner)** Mary Catherine	12 pm **Fletcher Fusion™** **(Beg/Int)** Mary Catherine 1 pm **Chair/Reformer** **(Intermediate)** Mary Catherine	11 am **Reformer** **(Int/Advanced)** Jacqueline 1 pm **Wunda Chair** **(All Levels)** Jacqueline	11 am **Fletcher Fusion™** **(Beg/Int)** Mary Catherine 11 am **Reformer** **(Beginner)** Cathy 12 pm **Reformer** **(Intermediate)** Mary Catherine **NEW CLASS!!!** 12 pm **Bone Health** **(All Levels)** Cathy	10 am **Fletcher Barrework®** **(All Levels)** Kim 10 am **Reformer** **(Beginner)** Jean-Charles 11 am **Reformer** **(Beginner)** Jean-Charles 11 am **INTRO** Kim **Starts Mar 14** 12 pm **Fletcher Fusion™** **(Beg/Int)** Jane
5:15 pm **Reformer (Int/Adv)** Jacqueline 5:30pm **Fletcher Fusion™** **(Beg/Int)** Charlie 6:15 pm **Reformer** **(Beginner)** Kim 6:30 pm **INTRO** Charlie **Starts Mar 9** 7:15 pm **Reformer** **(Beginner)** Kim	5 pm **Reformer** **(Beg/Int)** Mary Catherine 6 pm **Fletcher Fusion™** **(Beg/Int)** Mary Catherine **NEW CLASS!!! 8 Weeks** 6 pm **Reformer (INTRO)** Jean-Charlies **Starts Mar 10**	5 pm **Reformer** **(Intermediate)** Mary Catherine 5 pm **INTRO** Jean-Charles **Starts Mar 11** 6 pm **Fletcher Fusion™** **(Beg/Int)** Mary Catherine 6 pm **Reformer** **(Beg/Int)** Jean-Charles	5:15 pm **Fletcher Fusion™** **(All Levels)** Kim 6:15 pm **Reformer** **(Beginner)** Jenn 6:15 pm **Wunda Chair** **(Beg/Int)** Kim 7:15 pm **Reformer** **(Beginner)** Kim		12 pm **Reformer** **(Beginner)** Kim **NEW CLASS!!!** 1 pm **Reformer (Beginner)** Jane **Starts Mar 14** **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®**