





JULY PILATES CLASS SCHEDULE

Register by June 26, 2026

IN PERSON Mat and Reformer Classes	ONLINE & IN PERSON Mat Classes
Mondays July 6 - 27 12 noon - 12:45 \$80+gst = \$84 1pm - 1:45 \$80+gst = \$84	Tuesdays July 7 - 28 8am - 8:45am \$80+gst = \$84
Wednesdays July 8 - 29 12 noon - 12:45 FULL \$80+gst = \$84 1pm-1:45 \$80+gst = \$84	Fridays July 10 - 24 8am - 8:45am \$60+gst = \$63



AUGUST PILATES CLASS SCHEDULE

Register by July 26, 2026

IN PERSON Mat and Reformer Classes	ONLINE & IN PERSON Mat Classes
Mondays Aug. 10, 17, 24 12 noon - 12:45 \$60+gst = \$63 1pm - 1:45 \$60+gst = \$63	Tuesdays Aug. 4, 11, 18 8pm - 8:45am \$60+gst = \$63
Wednesdays Aug. 5, 12, 19 12 noon - 12:45 \$60+gst = \$63 1pm-1:45 \$60+gst = \$63	Fridays Aug. 7, 12 8am - 8:45am \$40+gst = \$42