



# NOVEMBER PILATES CLASS SCHEDULE

Register by Oct. 27, 2025

IN PERSON Mat and Reformer Classes	ONLINE & IN PERSON Mat Classes
<p><b>Mondays</b> Nov. 3 - 24</p> <p>12 noon - 12:45 <b>FULL</b> \$80+gst = \$84</p> <p>1pm - 1:45 <b>FULL</b> \$80+gst = \$84</p>	<p><b>Tuesdays</b> Nov. 4, 18, 25</p> <p>1pm - 1:45 \$60+gst = \$63</p>
<p><b>Wednesdays</b> Nov. 5 - 26</p> <p>12 noon - 12:45 <b>FULL</b> \$80+gst = \$84</p> <p>1pm-1:45 <b>FULL</b> \$80+gst = \$84</p>	<p><b>Fridays</b> Nov. 7 - 21</p> <p>1pm - 1:45 \$60+gst = \$63</p>



# DECEMBER PILATES CLASS SCHEDULE

Register by Nov. 24, 2025

IN PERSON Mat and Reformer Classes	ONLINE & IN PERSON Mat Classes
<p><b>Mondays</b> Dec. 1 - 15</p> <p>12 noon - 12:45 <b>FULL</b> \$60+gst = \$63</p> <p>1pm - 1:45 \$60+gst = \$63</p>	<p><b>Tuesdays</b> Dec. 2 - 16</p> <p>1pm - 1:45 \$60+gst = \$63</p>
<p><b>Wednesdays</b> Dec. 3 - 17</p> <p>12 noon - 12:45 <b>FULL</b> \$60+gst = \$63</p> <p>1pm-1:45 <b>FULL</b> \$60+gst = \$63</p>	<p><b>Fridays</b> Dec. 5 - 19</p> <p>1pm - 1:45 \$60+gst = \$63</p>



# JANUARY PILATES CLASS SCHEDULE

Register by Dec. 30, 2025

IN PERSON Mat and Reformer Classes	ONLINE & IN PERSON Mat Classes
<p><b>Mondays</b> Jan. 5 - 26</p> <p>12 noon - 12:45 \$80+gst = \$84</p> <p>1pm - 1:45 \$80+gst = \$84</p>	<p><b>Tuesdays</b> Jan. 6 - 27</p> <p>1pm - 1:45 \$80+gst = \$84</p>
<p><b>Wednesdays</b> Jan. 7 - 28</p> <p>12 noon - 12:45 \$80+gst = \$84</p> <p>1pm-1:45 \$80+gst = \$84</p>	<p><b>Fridays</b> Jan. 9 - 30</p> <p>1pm - 1:45 \$80+gst = \$84</p>