



OCTOBER PILATES CLASS SCHEDULE

Register by Sept. 22, 2025

IN PERSON Mat and Reformer Classes	ONLINE & IN PERSON Mat Classes
<p>Mondays Oct. 6, 20, 27</p> <p>12 noon - 12:45 FULL \$60+gst = \$63</p> <p>1pm - 1:45 FULL \$60+gst = \$63</p>	<p>Tuesdays Oct. 7 - 28</p> <p>1pm - 1:45 \$60+gst = \$63</p>
<p>Wednesdays Oct. 1 - 29</p> <p>12 noon - 12:45 FULL \$100+gst = \$105</p> <p>1pm-1:45 FULL \$100+gst = \$105</p>	<p>Fridays Oct. 3, 17 , 24, 31</p> <p>1pm - 1:45 \$80+gst = \$84</p>



NOVEMBER PILATES CLASS SCHEDULE

Register by Oct. 27, 2025

IN PERSON Mat and Reformer Classes	ONLINE & IN PERSON Mat Classes
<p>Mondays Nov. 3 - 24</p> <p>12 noon - 12:45 \$80+gst = \$84</p> <p>1pm - 1:45 \$80+gst = \$84</p>	<p>Tuesdays Nov. 4, 18, 25</p> <p>1pm - 1:45 \$60+gst = \$63</p>
<p>Wednesdays Nov. 5 - 26</p> <p>12 noon - 12:45 \$80+gst = \$84</p> <p>1pm-1:45 \$80+gst = \$84</p>	<p>Fridays 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
Mondays Dec. 1 - 15 12 noon - 12:45 \$60+gst = \$63 1pm - 1:45 \$60+gst = \$63	Tuesdays Dec. 2 - 16 1pm - 1:45 \$60+gst = \$63
Wednesdays Dec. 3 - 17 12 noon - 12:45 \$60+gst = \$63 1pm-1:45 \$60+gst = \$63	Fridays Dec. 5 - 19 1pm - 1:45 \$60+gst = \$63