





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 FULL \$60+gst = \$63 1pm-1:45 FULL \$60+gst = \$63	Fridays Aug. 7, 12 8am - 8:45am \$40+gst = \$42



September PILATES CLASS SCHEDULE

Register by Aug. 24, 2026

IN PERSON Mat and Reformer Classes	ONLINE & IN PERSON Mat Classes
Mondays Sept. 14,21,28 12 noon - 12:45pm FULL \$60+gst = \$63 1pm - 1:45 \$60+gst = \$63	Tuesdays Sept. 8,15,22,29 1pm - 1:45pm \$80+gst = \$84
Wednesdays Sept. 2,9,16,23,30 12 noon - 12:45pm FULL \$100+gst = \$105 1pm-1:45 \$100+gst = \$105	Fridays Sept. 4,11,18,25 1pm - 1:45pm \$80+gst = \$84



OCTOBER PILATES CLASS SCHEDULE

Register by Sept. 21, 2026

IN PERSON Mat and Reformer Classes	ONLINE & IN PERSON Mat Classes
Mondays Oct. 5,19,26 12 noon - 12:45pm FULL \$60+gst = \$63 1pm - 1:45 \$60+gst = \$63	Tuesdays Oct. 6,13,20,27 1pm - 1:45pm \$80+gst = \$84
Wednesdays Oct. 7,14,21,28 12 noon - 12:45pm FULL \$80+gst = \$84 1pm-1:45 \$80+gst = \$84	Fridays Oct. 2,9,16,23,30 1pm - 1:45pm \$100+gst = \$105



NOVEMBER PILATES CLASS SCHEDULE

Register by Oct. 23, 2026

IN PERSON Mat and Reformer Classes	ONLINE & IN PERSON Mat Classes
Mondays Nov. 2,9,16,23,30 12 noon - 12:45pm \$100+gst = \$105 1pm - 1:45 \$100+gst = \$105	Tuesdays Nov. 3,10,17,24 1pm - 1:45pm \$80+gst = \$84
Wednesdays Nov. 4,11,18,25 12 noon - 12:45pm FULL \$80+gst = \$84 1pm-1:45 \$80+gst = \$84	Fridays Nov. 6,13,20 1pm - 1:45pm \$100+gst = \$105



December PILATES CLASS SCHEDULE

Register by Nov. 23, 2026

IN PERSON Mat and Reformer Classes	ONLINE & IN PERSON Mat Classes
Mondays Dec. 7,14 12 noon - 12:45pm \$40+gst = \$42 1pm - 1:45 \$40+gst = \$42	Tuesdays Dec. 1,8,15 1pm - 1:45pm \$60+gst = \$63
Wednesdays Dec. 2,9,16 12 noon - 12:45pm FULL \$60+gst = \$63 1pm-1:45 \$60+gst = \$63	Fridays Dec. 4,11,18 1pm - 1:45pm \$60+gst = \$63