

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30		Equipment			Equipment	
7:00	Equipment					
7:30		Equipment			Equipment	Equipment
8:00	Equipment		Equipment	Equipment		Equipment
8:30		Mat Class			Equipment	Equipment
9:00	Equipment		Equipment	Equipment		Equipment
9:30	Equipment	Mat Class			Equipment	Mat Class
10:00	Equipment		Equipment	Equipment		
10:30						
11:00		Bone and Body	Bone and Body	Pre/Post Natal 2:00pm-3:00pm		
		Pre/Post Natal 1:00pm-2:00pm				
STUDIO FREE 12pm-4pm. Except for Tuesday & Thursday 1:00pm to 3:00						
4:00			Equipment			
4:30	Equipment	Equipment				
5:00			Equipment			
5:30	Equipment	Equipment		Equipment		
6:00			Equipment			
6:30	Equipment	Equipment		Equipment		
7:00			Mat Class			
7:30		Yoga				

Please note that some classes may be full and you may need to be placed on a waitlist temporarily until a permanent spot becomes available. A deposit is required in order to reserve a permanent position in a class.

Initial Class - \$50 (equipment) \$25 (mat/yoga) (recommended to try one class casually at first)

Equipment: Pack of 5 classes \$210 flexi pass; **\$190** for permanent classes **Pack of 10 classes \$420** flexi pass, **\$380** for permanent classes

Mat: Pack of 5 classes \$100 Pack of 10 classes \$200