



Class Schedule (Schedule effective January 3rd 2012)

Reformer (in groups up to 7) is **by appointment only**. To book Private, Duet and Reformer Classes please call (613) PILATES (745-2837) or email info@PilatesSpace.com. 24 hour cancellation policy applies.

8 Week Introductory Group:

The next group Intro session begins the week of Monday, Jan 9th to Saturday Mar 3rd 2012. REGISTER EARLY!

Holidays: February 20th for Family Day.

Class cards are valid for all classes except Reformer.

Teachers are subject to change without notice. Classes without sufficient interest are subject to cancellation.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:30am INTRO Mary Catherine Starts Jan 9 12:30pm Mat (Beg/Int) Mary Catherine	7:30am INTRO Heather Starts Jan 10 11:00am Reformer (Intermediate) Jacqueline 12:00pm Variety (Int/Adv) Jacqueline	11:30am INTRO Mary Catherine Starts Jan 11 12:30pm Mat (Beg/Int) Mary Catherine	7:30am Reformer (Beg/Int) Heather 8:30am Mat (Beg/Int) Heather 12:00pm Spine Corrector & Fletcher Towelwork® (All Levels) Heather 12:00pm Reformer (Intermediate) Jacqueline 1:00pm INTRO Heather Starts Jan 12	11:00am Mat (Beg/Int) Mary Catherine 12:00pm Ball/Stretch (All Levels) Cathy 12:00pm Reformer (Beginner) Mary Catherine	11:45am Variety (Intermediate) Jane 1:00pm Variety (Beginner) Jane 2:00pm INTRO Jane Starts Jan 14
5:30pm Mat (Beg/Int) Isabella 5:30pm Reformer (Int/Adv) Jacqueline 6:30pm INTRO Isabella Starts Jan 9 6:30pm Reformer (Beg/Int) Anne	5:00pm Spine Corrector & Fletcher Towelwork® (All Levels) Heather 5:00pm Reformer (Intermediate) Mary Catherine NEW!! 6:00pm Reformer (Intro) Heather Starts Jan 10 6:00pm Fletcher Floorwork® (All Levels) Mary Catherine	5:00pm INTRO Mary Catherine Starts Jan 11 5:00pm Reformer (Intermediate) Anne 6:00pm Variety (Beg/Int) Mary Catherine 6:00pm Reformer (Int/Adv) Anne	5:00pm Variety (Int/Adv) Charlie 6:00pm Hips, Abs & Butt (Beg/Int) Anne 7:00pm INTRO Anne Starts Jan 12		