



Class Schedule (effective July 5th 2010)

Reformer (in groups up to 6) 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 – Next session begins week of Monday, July 5th to Saturday August 28th, 2010. REGISTER EARLY!

Holidays: The studio will be closed on the following dates:

- Fri., July 30th to Mon., Aug. 2nd, classes resume Tues., Aug. 3rd.
- Wed., Sept. 1st through Mon., Sept. 6th, classes resume Tues., Sept. 7th.

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 July 5 12:30pm Mat (Beg/Int) Mary Catherine | 11:00am Reformer (Intermediate) Charlie NEW!!! 12:00pm INTRO Reformer Charlie Starts July 6 12:00pm Variety (Int/Adv) Heather | 11:30am INTRO Mary Catherine Starts July 7 12:30pm Mat (Beg/Int) Mary Catherine | 12:30pm Reformer (Intermediate) Charlie | 11:00am Reformer (Intermediate) Charlie 12:00pm Reformer (Beginner) Charlie 12:00pm Mat (Beg/Int) Mary Catherine | 10:30am Variety (Int/Adv) Jane 11:45am Variety (Beg/Int) Jane 1:00pm INTRO Jane Starts July 10 |
| 5:30pm Mat (Beg/Int) Mary Catherine 6:30pm INTRO Mary Catherine Starts July 5 | 5:30pm Spine Corrector & Fletcher Towelwork® (All Levels) Charlie 6:30pm Fletcher Floorwork® (All Levels) Charlie | 5:00pm INTRO Mary Catherine Starts July 7 6:00pm Variety (Beg/Int) Mary Catherine | 5:00pm Variety (Int/Adv) Mary Catherine 6:15pm Variety (Beg/Int) Mary Catherine | | |
| 5:30 Reformer (Int/Adv) Charlie 6:30 Reformer (Beg/Int) Charlie | 5:00pm Reformer (Intermediate) Heather 6:00pm Reformer (Beg/Int) Heather | 5:00pm Reformer (Intermediate) Heather 6:00pm Reformer (Int/Adv) Heather | 5:00pm Reformer (Beginner) Charlie 6:00pm Reformer (Beg/int) Charlie | | |