



# Pilates Space

## Class Schedule (Schedule effective October 31<sup>st</sup> 2011)

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](mailto:info@PilatesSpace.com). 24 hour cancellation policy applies.

### 7 Week Introductory Group:

The next group Intro session begins the week of Monday, Oct 31<sup>st</sup> to Saturday Dec 17<sup>th</sup> 2011. REGISTER EARLY!

**Holidays:** Closed for Christmas, **Monday December 19<sup>th</sup> through to Monday January 2<sup>nd</sup>, 2012.**  
**Classes will resume Tuesday January 3<sup>rd</sup>, 2012.**

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 <b>INTRO</b> Mary Catherine Starts Oct 31  12:30pm <b>Mat</b> <b>(Beg/Int)</b> Mary Catherine	<b>NEW!!</b> 7:30am <b>INTRO</b> Heather Starts Nov 1  <b>NEW!!</b> 8:30am <b>Mat</b> <b>(Beg/Int)</b> Heather  11:00am <b>Reformer</b> <b>(Intermediate)</b> Jacqueline  12:00pm <b>Variety</b> <b>(Int/Adv)</b> Jacqueline	11:30am <b>INTRO</b> Mary Catherine Starts Nov 2  12:30pm <b>Mat</b> <b>(Beg/Int)</b> Mary Catherine	<b>NEW!!</b> 7:30am <b>Reformer (Beg/Int)</b> Heather  <b>NEW!!</b> 8:30am <b>Variety (Beg/Int)</b> Heather  <b>NEW!!</b> 12:00pm <b>Spine</b> <b>Corrector &amp;</b> <b>Fletcher Towelwork®</b> <b>(All Levels)</b> Heather  12:00pm <b>Reformer</b> <b>(Intermediate)</b> Jacqueline  1:00pm <b>INTRO</b> Heather Starts Nov 3	11:00am <b>Mat</b> <b>(Beg/Int)</b> Mary Catherine  12:00pm <b>Ball/Stretch</b> <b>(All Levels)</b> Cathy  12:00pm <b>Reformer</b> <b>(Beginner)</b> Mary Catherine	11:45am <b>Variety</b> <b>(Intermediate)</b> Jane  <b>NEW!!</b> 12:00pm <b>Reformer (Intro)</b> Cathy Starts Nov 5  1:00pm <b>Variety</b> <b>(Beginner)</b> Jane  2:00pm <b>INTRO</b> Jane Starts Nov 5
5:30pm <b>Mat</b> <b>(Beg/Int)</b> Isabella  5:30pm <b>Reformer</b> <b>(Int/Adv)</b> Jacqueline  6:30pm <b>INTRO</b> Isabella Starts Oct 31  6:30pm <b>Reformer</b> <b>(Beg/Int)</b> Anne	5:00pm <b>Spine Corrector &amp;</b> <b>Fletcher Towelwork®</b> <b>(All Levels)</b> Charlie  5:00pm <b>Reformer</b> <b>(Intermediate)</b> Mary Catherine  6:00pm <b>Fletcher Floorwork®</b> <b>(All Levels)</b> Mary Catherine	5:00pm <b>INTRO</b> Mary Catherine Starts Nov 2  5:00pm <b>Reformer</b> <b>(Intermediate)</b> Anne  6:00pm <b>Variety</b> <b>(Beg/Int)</b> Mary Catherine  6:00pm <b>Reformer</b> <b>(Int/Adv)</b> Anne	5:00pm <b>Variety</b> <b>(Int/Adv)</b> Charlie  5:00pm <b>Reformer</b> <b>(Beginner)</b> Anne  6:00pm <b>Hips, Abs &amp; Butt</b> <b>(Beg/Int)</b> Anne  <b>NEW!!</b> 6:00pm <b>Reformer (Intro)</b> Charlie Starts Nov 3  <b>NEW!!</b> 7:00pm <b>INTRO</b> Anne Starts Nov 3		