



Class Schedule (Schedule effective Sept., 7th 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.

7 Week Introductory Group:

The next group Intro session begins the week of Mon., Sept. 13th to Sat., Oct. 30th, 2010. REGISTER EARLY!

Holidays: The studio will be closed: Wed., Sept. 1st to Mon., Sept. 6th inclusive & for the Thanksgiving long weekend from Fri., Oct. 8th to Mon., Oct. 11th inclusive.

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 Gaby Starts Sept 13 12:30pm Mat (Beg/Int) Gaby	12:00pm Variety (Int/Adv) Heather 11:00am Reformer (Intermediate) Charlie 12:00pm Reformer (Beginner) Charlie	11:30am INTRO Mary Catherine Starts Sept 15 12:30pm Mat (Beg/Int) Mary Catherine	NEW!!! 1:00pm INTRO Charlie Starts Sept 16 NEW TIME 12:00pm Reformer (Intermediate) Charlie Starts Sept 9	NEW!!! 11:00am Mat (Beg/Int) Mary Catherine Starts Sept 10 NEW!!! 12:00pm Fletcher Variety (All Levels) Charlie Starts Sept 10 11:00am Reformer (Intermediate) Charlie 12:00pm Reformer (Beginner) Mary Catherine	Saturday Changes!!! 10:30am Variety (Advanced) Jacqueline 11:45am Variety (Intermediate) Jane 1:00pm Variety (Beginner) Jane 2:00pm INTRO Jane Starts Sept 18 NEW!!! 12:00pm INTRO Reformer Charlie Starts Sept 18
5:30pm Mat (Beg/Int) Isabella 6:30pm INTRO Isabella Starts Sept 13 5:30 Reformer (Int/Adv) Jacqueline 6:30 Reformer (Beg/Int) Charlie	5:30pm Fletcher Floorwork® (All Levels) Charlie 6:30pm Spine Corrector & Fletcher Towelwork® (All Levels) Charlie 5:00pm Reformer (Intermediate) Heather 6:00pm Reformer (Beg/Int) Heather	5:00pm INTRO Mary Catherine Starts Sept 15 6:00pm Variety (Beg/Int) Mary Catherine 5:00pm Reformer (Intermediate) Charlie 6:00pm Reformer (Int/Adv) Charlie	5:00pm Variety (Int/Adv) Heather NEW!!! 6:00pm Hips, Abs & Butt (Beg/Int) Heather Starts Sept 9 5:00pm Reformer (Beginner) Charlie 6:00pm Reformer (Beg/int) Charlie		