



## Class Schedule (Schedule effective September 12<sup>th</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, September 12<sup>th</sup> to Saturday October 29<sup>th</sup> 2011. REGISTER EARLY!

**Holidays:** Closed for Labour Day, **Fri Sept 2 to Mon Sept 5** Closed for Thanksgiving, **Fri Oct 7 to Mon Oct 10**

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
<p><b>NEW!!</b> 11:30am <b>INTRO</b> Mary Catherine Starts Sept 12</p> <p>12:30pm <b>Mat</b> (Beg/Int) Mary Catherine</p>	<p><b>NEW!!</b> 7:30am <b>INTRO</b> Heather Starts Sept 13</p> <p><b>NEW!!</b>8:30am <b>Mat</b> (Beg/Int) Heather Starts Sept 13</p> <p>11:00am <b>Reformer</b> (Intermediate) Jacqueline</p> <p>12:00pm <b>Variety</b> (Int/Adv) Jacqueline</p>	<p>11:30am <b>INTRO</b> Mary Catherine Starts Sept 14</p> <p>12:30pm <b>Mat</b> (Beg/Int) Mary Catherine</p>	<p><b>NEW!!</b> 7:30am <b>Reformer (Beg/Int)</b> Heather Starts Sept 15</p> <p><b>NEW!!</b> 8:30am <b>Variety (Beg/Int)</b> Heather Starts Oct 6</p> <p><b>NEW!!</b> 12:00pm <b>Spine</b> <b>Corrector &amp;</b> <b>Fletcher Towelwork®</b> (All Levels) Heather Starts Sept 15</p> <p>12:00pm <b>Reformer</b> (Intermediate) Jacqueline</p> <p>1:00pm <b>INTRO</b> Jacqueline Starts Sept 15</p>	<p>11:00am <b>Mat</b> (Beg/Int) Mary Catherine</p> <p><b>NEW!!</b> 11:00am <b>Reformer</b> (Beginner) Cathy Starts Sept 16</p> <p>12:00pm <b>Ball/Stretch</b> (All Levels) Cathy</p> <p>12:00pm <b>Reformer</b> (Beginner) Mary Catherine</p>	<p>11:45am <b>Variety</b> (Intermediate) Jane</p> <p><b>NEW!!</b> 12:00pm <b>Reformer</b> (Beginner) Cathy Starts Sept 17</p> <p>1:00pm <b>Variety</b> (Beginner) Jane</p> <p>2:00pm <b>INTRO</b> Jane Starts Sept 17</p>
<p>5:30pm <b>Mat</b> (Beg/Int) Isabella</p> <p>5:30pm <b>Reformer</b> (Int/Adv) Jacqueline</p> <p>6:30pm <b>INTRO</b> Isabella Starts Sept 12</p> <p>6:30pm <b>Reformer</b> (Beg/Int) Anne</p>	<p>5:00pm <b>Fletcher Floorwork®</b> (All Levels) Charlie</p> <p>5:00pm <b>Reformer</b> (Intermediate) Mary Catherine</p> <p>6:00pm <b>Spine Corrector &amp;</b> <b>Fletcher Towelwork®</b> (All Levels) Charlie</p>	<p>5:00pm <b>INTRO</b> Mary Catherine Starts Sept 14</p> <p>5:00pm <b>Reformer</b> (Intermediate) Anne</p> <p>6:00pm <b>Variety</b> (Beg/Int) Mary Catherine</p> <p>6:00pm <b>Reformer</b> (Int/Adv) Anne</p>	<p>5:00pm <b>Variety</b> (Int/Adv) Charlie</p> <p>5:00pm <b>Reformer</b> (Beginner) Anne</p> <p>6:00pm <b>Hips, Abs &amp; Butt</b> (Beg/Int) Anne</p> <p><b>NEW!!</b> 7:00pm <b>INTRO</b> Anne Starts Sept 15</p>		